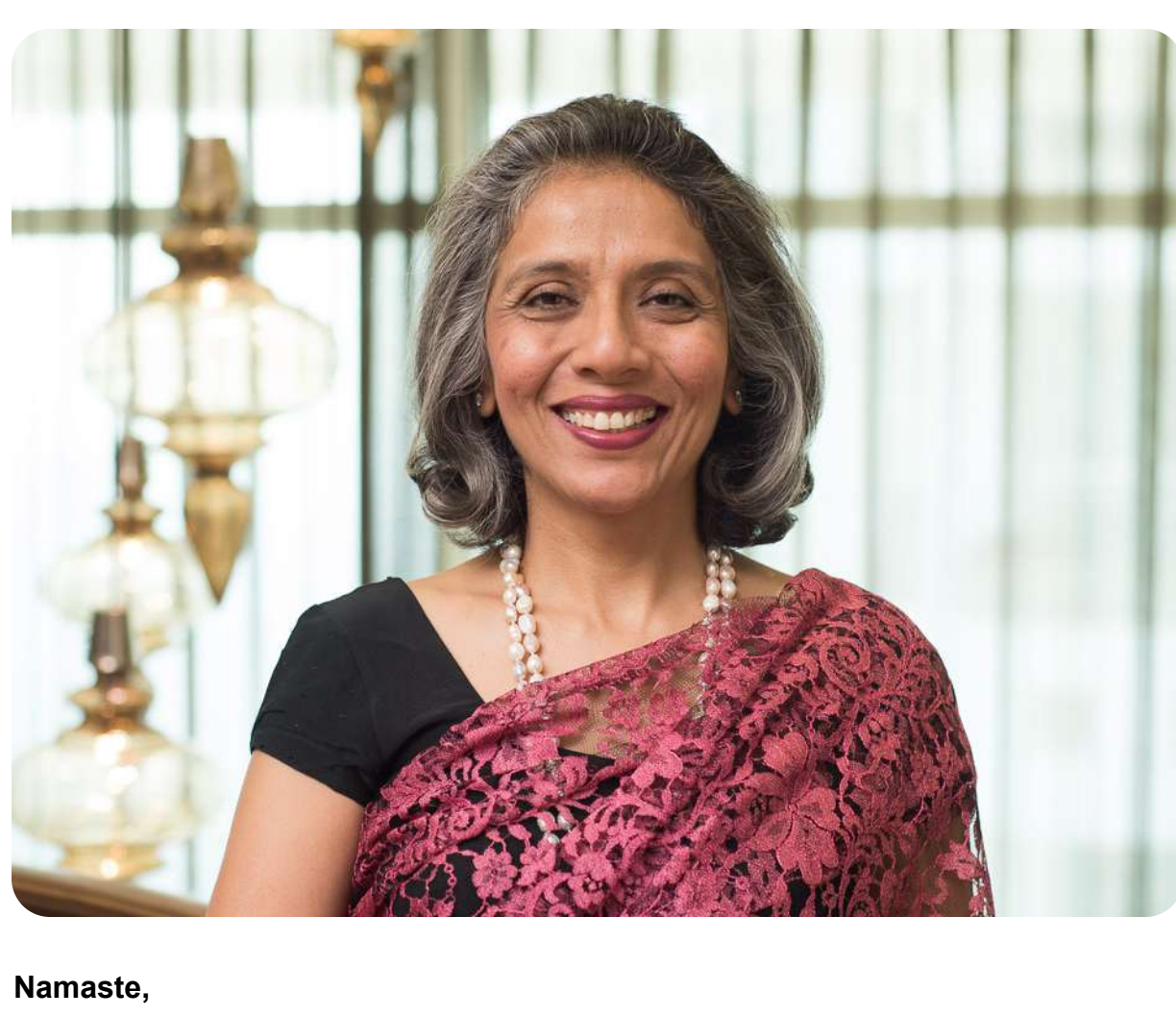


HAPPINESS CHRONICLES



Namaste,

The perspective on who is a leader and what is leadership has been alive in my reflections this week. Not just as a role, but as a way of being.

Leadership demands us to observe. To stay curious and open. To grow through every experience.

Leadership is rarely shaped by plans alone. It is chiselled quietly through moments of vulnerability and uncertainty, through people we meet, and through the willingness to keep learning.

The way we listen and connect with people shapes the way we lead. The way we show up reveals the depth of our awareness.

This week's offering comes from that space.

Podcast: The Happiness Hour For Leaders

[Episode 35: The Leadership Skill Nobody Taught You](#)

[Listen Now](#)



In this episode, I am in conversation with Rattan Keswani, a veteran of the hospitality industry whose leadership journey spans over four decades.

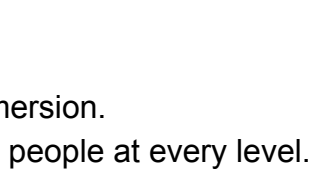
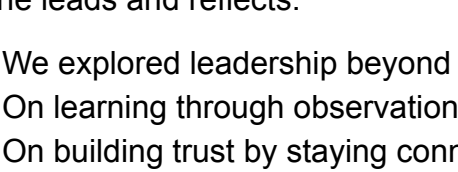
Rattan shares his path with remarkable simplicity and honesty. What began as an unplanned career evolved into a lifetime of learning, shaped by people, experience, and a deep sense of curiosity. As we spoke, I was struck by the grounded clarity with which he leads and reflects.

- We explored leadership beyond titles.
- On learning through observation and immersion.
- On building trust by staying connected to people at every level.
- About adapting to individuals rather than applying a single way of leading.
- About growth that comes from staying open, even after decades of experience.

Leadership, as this conversation reveals, is shaped not by authority, but by awareness. It deepens when we are willing to listen, to learn, and to evolve through every interaction.

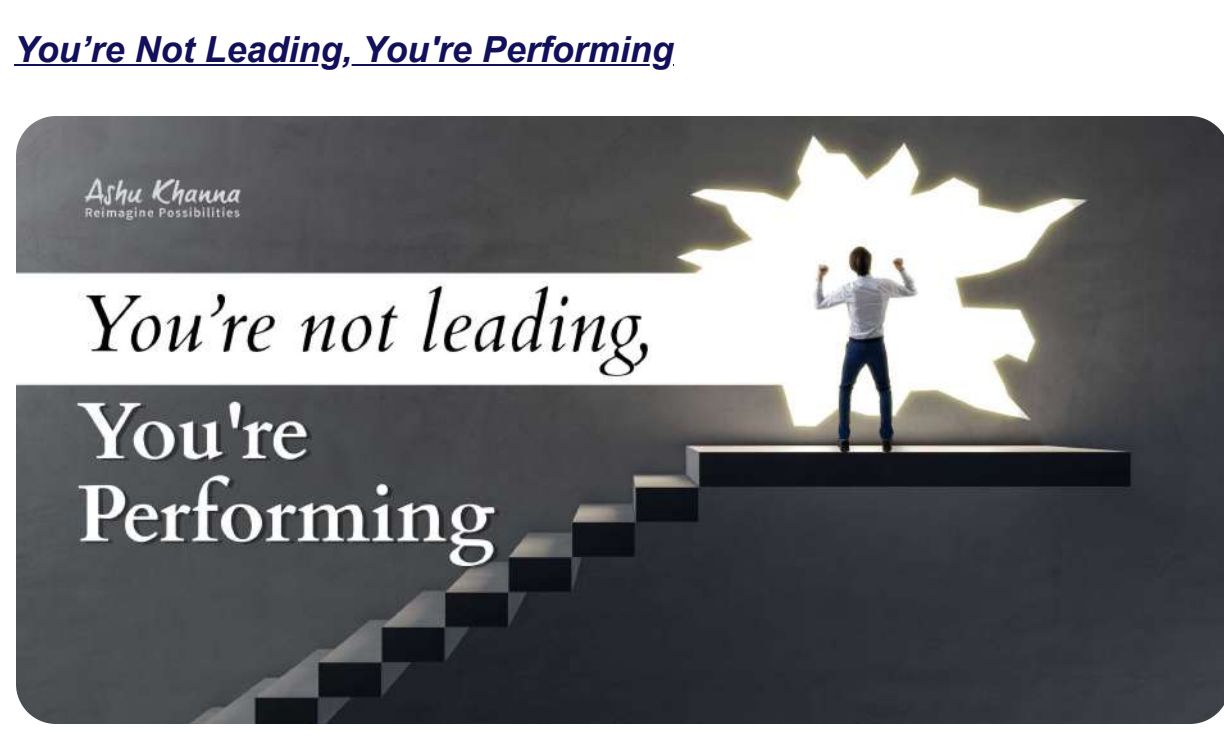
This conversation is an invitation to lead with presence, to stay curious, and to remain deeply connected to the people we serve.

Watch and listen to this full episode of The Happiness Hour with Ashu Khanna on:



The Inner View

[You're Not Leading, You're Performing](#)



Leadership is one of the most spoken ideas in our professional lives. Yet, understanding it asks for reflection.

I have led teams. I have made decisions under pressure. I have witnessed how leadership reveals both strength and vulnerability within us.

For a long time, I confused leadership with authority. As I engaged with more leaders, I asked myself what leadership truly means. Is it limited to titles or is there more that gets overlooked. This inquiry made me step away from working in the corporate world to becoming a leadership coach.

Through awareness, my understanding of leadership has evolved. Leadership now feels less like a role we step into, and more like a presence we bring into every interaction. The way we lead others reflects how we relate to ourselves.

When leadership is driven by control, it is constrictive. When leadership is grounded in awareness, it is expansive and innovative.

To listen without rushing to respond.
To see people as they are.
To hold responsibility without losing connection.

These became my deeper lessons.

Leadership is a living experience. It grows through curiosity, authenticity and self awareness. When we learn to be present, leadership begins to flow more naturally in the way we think, act and connect.

[Read the full blog and notice one pattern of your mind today...](#)

Insight Corner

[Why Leaders Need To Pause](#)



Why Leaders Need to Pause

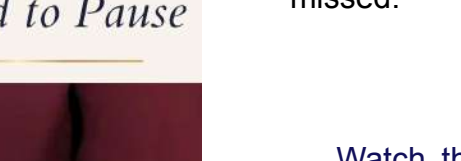
Have you noticed the inner shift when you allow yourself to pause, even for a moment?

Clarity emerges effortlessly when the constant noise settles. With awareness, stillness, and a willingness to observe, we reconnect with a deeper sense of alignment.

This short reel is a gentle reminder to slow down and listen to what is often missed.

[Watch the video and apply this in your next challenging situation.](#)

Follow us on Instagram for more inspiring content.



A Glimpse into my Journey

[Book Spotlight: I Am Perfection - Live Life Joyfully](#)

When we take leadership of our life, we realise that it is not our sole responsibility to do or know everything. Any leadership journey is collaborative and exploratory. Therefore, by consciously collaborating with others based on their complementing strengths, we can fulfill our purpose to serve society. Life teaches us at every step.

Authentic leaders align their relationship with self and the world by living true to their core. Such leaders commit to a higher purpose and develop relationships of trust, operate with agility and creativity to make that vision a reality.

[Explore the book and deepen your awareness, one reflection at a time...](#)



As you move through this week, I invite you to create moments of pause.

May your leadership be guided by clarity, not noise.

May your presence allow both you and others to slow down and truly observe.

With love & light,

Ashu Khanna
Reimagine possibilities



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