

Swanvesha

JANUARY 2026

◇ TALLY HO PG. 2
Welcome notes

◇ MUSINGS PG. 3
All in on A.I.

◇ NOVELLA PG. 4
The Measure of
Impact

◇ CORPORATE CULTURE PG. 5
Starting Troubles –
After a break

◇ HASTA LUEGO PG. 6
6 7 ☺

“Wonder is the beginning of
wisdom”

–Socrates



WELCOME TO SWANVESHA

Swanvesha (*Swa-Anvesha*, Sanskrit for *Self-Inquiry*) offers insights, stories, and actionable strategies to help leaders grow and adapt in an ever-changing world. Stay informed, inspired, and lead with purpose.

Photo by [Carson Arias](#) on [Unsplash](#)



WELCOME NOTES

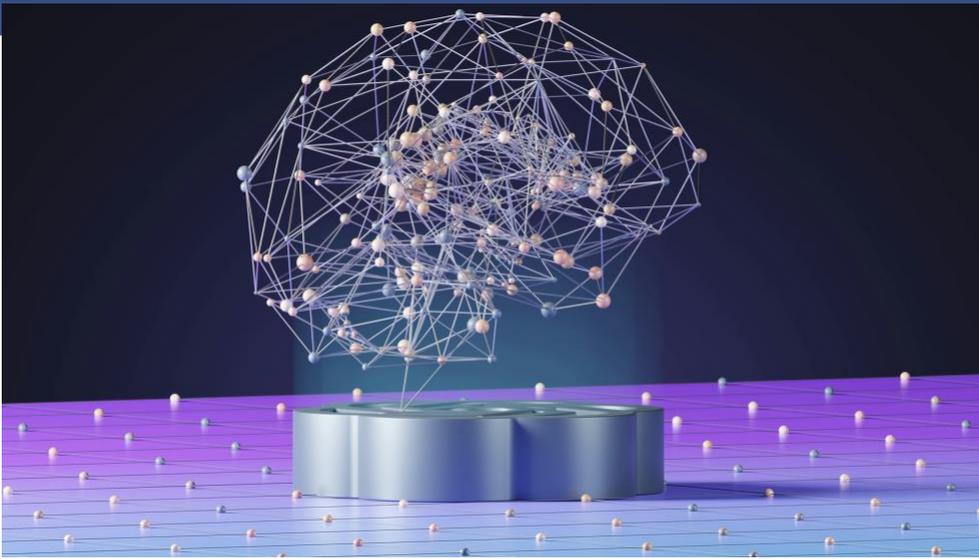
HAPPY NEW YEAR. I hope the holiday season gave you time to slow down. I worked a bit but mostly took it easy—baking cookies, watching classic movies, hosting friends, and perhaps picking up a little “holiday weight” as a souvenir.

During the break, I also worked on upgrading my website—I’d love for you to explore it. It’s had a real facelift and now includes more content. I was also interviewed by *Soundpractice*, the podcast series of the American Association of Physician Leaders (AAPL), where I spoke about Swanvesha and coaching. I was nervous, excited, and genuinely honored. The list of people who have been interviewed by them include global leaders and visionaries. I will post the link to the episode, once it airs in January.

In this edition, under *Musings*, I share my experiences with AI usage and my observations. In *Novella*, you’ll find a classic Oscar Wilde story on values and impact. Finally, in *Corporate Culture*, I highlight my most appreciated story from 2025—about what to do when you restart after a break.

I am an Executive and Leadership Coach. Connect with me on my website www.swanvesha.com for more resources or write to me at swanvesha@gmail.com. Happy reading.

Musings



ALL IN ON A.I

This holiday season, I noticed a pattern: the amount of AI usage in writing. I could sense AI involvement in many greetings, emails, and posts. Before critiquing this, I'll confess that I too use AI—to polish, improve, and sometimes challenge my logic in writing. But my conscious effort is always to **preserve my style and format**. A simple test for me is: *“When I read what AI has done to my writing, does it still sound like me?”* This helps me enhance my work without letting AI take over.

My constant effort is to make, what I write or speak, better but not to let AI take over for me. In a recent *Guardian* article, Clemens J. Setz reflects on how AI might reshape human life, drawing on the classic Brothers Grimm tale *“The Fisherman and His Wife.”* In the story, a magical fish grants the fisherman’s wife ever-escalating wishes, until her final overreach leaves them back in their original poor state. Setz uses this as a metaphor for how instant gratification through AI can satisfy desires quickly but may also diminish the value of effort, reflection, and growth. ([Clemens J. Setz, The Guardian, Sept 16, 2025](#))

The point made in the article is something that I constantly strive to do. That said, how the AI revolution will impact others will vary. The positive person in me, would like to believe that just like the advent of machinery after the Industrial revolution or the Technological revolution of Internet, Computers and Smartphones, this AI revolution will also enhance capabilities and support in value creation. The cycle will be the same, early adopters, later adopters and the ones who will be left behind.

The last twelve months have been my personal adoption period, and in that time, AI has evolved from a simple support tool to an intelligent, strategic thinker. The pace of growth is both thrilling and a little scary, but the possibilities are exciting. What about you? How has your adoption story unfolded? Are you thrilled, or has your experience been something else entirely?

Photo by [Growtika](#) on [Unsplash](#)



During the holidays, I was reading Oscar Wilde's *"The Model Millionaire"* to my daughter. The story follows Hughie Erskine, a poor but charming young man in love with Laura Merton, the daughter of a colonel. Her father refuses to allow the marriage unless Hughie can provide £10,000. One day, while visiting his painter friend Alan Trevor, Hughie notices a shabby beggar posing as a model and gives him his last sovereign to buy food. Later, Hughie discovers that the beggar was actually Baron Hausberg, one of London's richest men, posing for the portrait. Touched by Hughie's generosity, the Baron sends him a cheque for £10,000, enabling him to marry Laura.

Later, when I was looking for stories to write for the January newsletter, I remembered vividly my reactions, when I first read it many years back in my school days. Hughie's cheerful personality and the innocence of his act, brought out these reflections:

Small acts matter most – We often look for big changes or dramatic impacts, but small, thoughtful actions can make the greatest difference. In leadership development, we focus on one small behavior, and over time, its influence spreads to many other facets of leadership.

Rewarding values reinforces the right behavior – Organizational culture is shaped by what we recognize and reward. If meritocracy matters, reward it. If work-life balance matters, don't support outliers. Leaders who reinforce the right values shape behavior across the organization.

Leadership is impact – Hughie was a leader in his own way. The impact of his deed extended beyond financial reward, creating a ripple effect that reached Baron Hausberg, Alan Trevor, and anyone who hears the story. Even in complex, stressful, or uncertain situations, there is always something we can do that will make a meaningful difference.

Photo by [Danie Franco](#) on [Unsplash](#)



STARTING TROUBLES – AFTER A BREAK



The holidays are over. The decorations are packed away, and it's time to get back to work. But how many of us feel like our minds are still on holiday? Ever feel like your brain is stuck in vacation mode? It's a little like writer's block—the break refreshed us, but restarting feels like an uphill climb.

Honestly, I feel rusty, unmotivated, and just plain sluggish. It's as if my brain is taking its sweet time to catch up with reality.

To figure out how to shake off this "starting trouble", I turned to a group of experts who face this regularly: teachers. With their experience handling summer, winter, and spring breaks, they've mastered the art of getting back on track. Here are some of their pearls of wisdom:

- Embrace the nerves. Feeling anxious is completely normal—it's part of the process
- Plan. Write down a few goals for your first day or week to create structure
- Start small. Reconnect with others or ease into tasks that feel manageable
- Pick priorities. Focus on one or two key things rather than everything at once
- Create energy. Engage in group activities or collaborative work to feel connected
- Pace yourself. Take short breaks to recharge during your first week back

By the end of that first week, you'll find your rhythm again. It's like riding a bike or swimming—the muscle memory is there; you just need a little time to get moving.

So, embrace the new year, take those small steps, and make this your best year yet!

Photo by [Jordan Christian](#) on [Unsplash](#)

Hasta Luego



THANK YOU

Thank you very much for reading my newsletter. I hope you enjoyed it. Before I sign off, if you're caught up in the latest "6-7" debate, take comfort in this: clarity still exists... just not always online.

Enjoy the beginning of the year and stay warm.

Photo by [Junseong Lee](#) on [Unsplash](#)