

HerStory Podcast Episode 6: The Techie Runaway Filmmaker

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In this inspiring episode of the HerStory Podcast, Yumi sits down with Ritu Chopra, a leadership coach, author, and speaker, to explore the transformative journey that shaped her career and life. Ritu shares her experiences of navigating the complexities of life, from her early career aspirations to unexpected career shifts, including her time in the technology industry and her passion for filmmaking. She discusses how embracing change, adapting to new circumstances, and continuously learning has been integral to her personal growth and success. Through her stories, Ritu encourages listeners to develop self-belief and resilience in the face of adversity, highlighting that sometimes the best opportunities arise from the most unexpected challenges.

A central theme of the conversation revolves around the power of collaboration over

competition, especially in the pursuit of peace. Ritu reflects on the importance of setting aside personal agendas in order to focus on the shared goals that unite us as humans. She believes that true peace is not merely about international agreements but starts within the hearts of individuals. Ritu emphasizes the value of connecting with others on a human level, recognizing the commonalities that bind us rather than focusing on our differences. Her philosophy is that peace is a collaborative effort, one that begins within our homes and extends outward to society at large, where the well-being of humanity is the ultimate objective.

The episode also delves into the legacy Ritu hopes to leave behind: one of service, kindness, and generosity. She believes in serving others without expectation of anything in return, seeing every act of kindness as a way to create ripple effects that benefit the greater community. By living with a giving heart and focusing on the shared good, Ritu inspires others to do the same, creating a legacy rooted in selfless service. Her journey serves as a reminder that no matter where life takes us or the obstacles we face, we can all contribute to a better world by embracing our paths, collaborating with others, and prioritizing humanity in all of our interactions.

Learn more about Ritu's work: www.rituchopra.com/magic-in-mindfulness/

