

19 Dec 2014 03:00 AM

Look for ways to be an 'enabler' for others: Sapna Narang

Team Cafemutual

 Print  Share on facebook  Share on twitter  Share on email

Sapna Narang of Capital League recounts the memories and highlights of 2014.



What were the most significant events which impacted you in 2014?

- Running the Mumbai half marathon. I had participated in Airtel Delhi Half Marathon in 2013 which was relatively easy as compared to Mumbai marathon. The roads in Delhi were even whereas in Mumbai the roads were hilly. I had to put in a lot of effort to prepare for the Mumbai half marathon.
- Modi's election and market turnaround
- Capital League crossing a significant milestone in AUM and income generation
- Insights into relationships.

One book/movie which you enjoyed reading/watching in 2014

Book – The Happiness Project. The books tell us that happiness can be found in smallest of things like organizing birthday party for your children, putting together a photo album, etc.

Movie – Chef. The story is about a chef (played by Jon Favreau) who quits his job at a prestigious Los Angeles restaurant. The restaurant's owner is very controlling and wants Jon to stick to the classic dishes. This forces Jon to walk out of the restaurant. Jon then opens a food-truck which turns out to be a big success which reignites his passion for cooking. This movie tells us to follow our passion.

One advice/learning which influenced you a lot...

Practice 'Proactive' gratitude.

A high point in your professional life in 2014

- Won the 'Think Big' award from Reliance MF for successfully building an all-women team.
- Invited to join advisory board of an angel fund.

A high point in your personal life in 2014

Both my children were selected in their respective sports (tennis and soccer) teams – made me realize their grit and resilience.



What is it that you are looking forward to in 2015?

Growth & development - both personal & professional.

Your New Year resolution

Look for ways to be an 'enabler' for others.