

The Glucose Never Lies® Podcast

Episode 21: SPARK

The Five-to-Drive-Change Mindset

Professor Partha Kar (OBE) joined The Glucose Never Lies® Podcast to show how the UK moved from *research to reality* in continuous glucose monitoring and hybrid closed-loop systems, and how the same approach can transform any challenge in life or leadership.

Through openness, accountability, and courage, Partha helped deliver one of the fastest national technology adoptions in healthcare history. At the heart of that success sits a philosophy anyone can use: [the S-P-A-R-K Mindset](#).

S-P-A-R-K Framework: Five-to-Drive-Change

S – Start small, prove it locally

Change begins in your patch. Pilot, test, measure.

Evidence beats opinion.

P – Put your skin in the game

If you believe in it, stand behind it.

Take the risk, own the outcome.

A – Accountability, not blame

Use data to shine a light. RAG ratings, heat maps, neutral language.

Data should nudge, not shame.

R – Reveal through listening

True leadership starts with the community. **Listen first; understand before you act.**

K – Keep language human

Words shape behaviour. **Talk with people, not at them.** Better language builds safer systems.



Podcast: Listen or Watch

