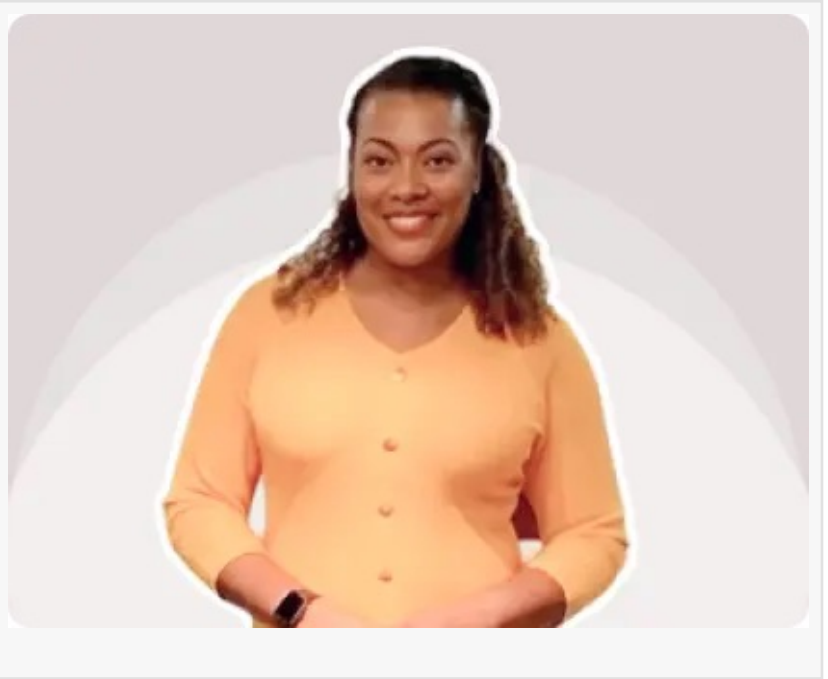


Influential Women Podcast Announces New Episode with Chef Aarthi Sampath

Building the Dream Before Anyone Else Believes It

ST. PETERSBURG, FL, UNITED STATES, September 4, 2026 /EINPresswire.com/ -- Chef, entrepreneur, and Drāvida founder Aarthi Sampath shares how trusting her vision, embracing resilience, and believing in herself helped transform a lifelong dream into one of New York City's most exciting new restaurant concepts.

The [Influential Women Podcast](#), hosted by Jodie O'Brien, today announced the release of a new episode featuring Chef Aarthi Sampath, celebrated chef, entrepreneur, television personality, and founder of Drāvida, a New York restaurant redefining how South Asian cuisine is experienced through regional flavors, global influences, and intentional hospitality.



Born and raised in Mumbai, Chef Aarthi built her culinary career through years of training in world-class kitchens before moving to the United States, where she continued to forge her own path. After winning Chopped, defeating Bobby Flay on Beat Bobby Flay, appearing on Guy's Grocery Games and Tournament of Champions, and serving as a judge on MasterChef Tamil, she turned her attention to an even bigger dream: opening a restaurant that reflected her own story and vision.

In the episode, titled "[Building the Dream Before Anyone Else Believes It](#)," Chef Aarthi reflects on the years of perseverance required to build Drāvida, the importance of trusting herself even when others questioned her ideas, and why success begins long before anyone else recognizes it.

"You really just have to believe in yourself."

Throughout the conversation, Chef Aarthi discusses navigating a male-dominated industry, overcoming rejection, and learning to stop seeking validation from others. She explains how years of writing down her goals, staying committed to her vision, and continuing to show up through setbacks ultimately led her to create the restaurant she had imagined years earlier.

"Just keep showing up."

The episode also explores the realities of entrepreneurship that often go unseen, from the loneliness of building a business to the confidence that comes from trusting your instincts and learning from every setback. Chef Aarthi shares why she chose to build Drāvida without outside investors and how that decision allowed her to stay true to her vision of celebrating the South Asian diaspora through food and storytelling.

"Write down what you want out of your life."

This episode will resonate with entrepreneurs, creatives, leaders, and anyone pursuing a dream that requires courage, persistence, and self-belief. Chef Aarthi's story serves as a powerful reminder that meaningful success isn't built overnight. It's built one decision, one setback, and one courageous step at a time.

Listen to the Episode

Listeners can watch and listen to "Building the Dream Before Anyone Else Believes It" and subscribe to the Influential Women Podcast on Spotify, where new conversations with founders, executives, entrepreneurs, and industry leaders are released regularly.

Listen on Spotify: Influential Women Podcast

About Influential Women

The Influential Women Podcast features honest, thoughtful conversations with women shaping their industries and building meaningful careers. Produced by Influential Women, a media platform with more than 92,000 followers on LinkedIn and the publisher of Influential Women Magazine, the podcast goes beyond titles to explore the real stories behind leadership and impact. Each episode highlights the lessons, challenges, and pivotal moments that have shaped these women's journeys across business, leadership, entrepreneurship, and creative fields.

Editorial Team

Influential Women

+1 877-241-5970

clientservices@influentialwomen.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/939813419>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.