

# **MEDIA BACKGROUNDER**

## **ABOUT STEPHEN CHONG**

### **Successes**

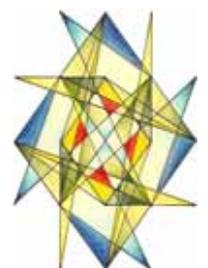
- As a Professional Development Coach and Trainer I have assisted many people over the years to overcome their own obstacles and create their 'own story'. This is most certainly called, "enjoying success through the success of others".
- Through a multitude of workshops, training and coaching sessions I have witnessed massive change in people through which they move forward in life and career.
- In my personal life, I am no different from most of us - I have three beautiful children to feed (my greatest success), bills to pay and a pretty full daily 'to do' list.

### **Challenges Faced & Overcome**

- I have faced many personal and professional challenges, particularly in the past four years, but these experiences have moved me closer to my life purpose. In recent times, I have come to realise the choices we make as a consequence of being challenged are absolutely and vitally important.
- As a consequence of a family break-up and the loss of many treasured (and personal) things of importance, it would have been very easy to make choices that would have lead me down a pathway of depression, alcoholism, or even worse, the decision that life is 'just too hard'. Rather, my difficult experiences led me to embrace what I knew to be my purpose in life and I now strive to achieve my goals with passion and purpose.
- Being challenged has led me to the full understanding and realization that my 'life purpose' is not a destination, but rather the fulfillment of all the precious moments that are available to me in this lifetime. It is a 'state of being' rather than a destination.

### **Professional Accreditation**

- Master of Education in Adult Learning and Global Change, UTS
- Bachelor of Science, Latrobe University
- Certificate IV in Training & Assessment
- Certificate IV in Business (Frontline Management)
- Certified Practitioner of the Myers-Briggs TYPE Inventory



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## **Personal Vision**

- My personal vision is to realise my ‘life purpose’ in this lifetime (and as a 52 year-old), I am not certain how much time there is remaining. This ‘life purpose’ of mine is simply articulated as “to love at every possible opportunity”.
- With much of the trauma, problems and difficulties we encounter, and see around us in our daily lives, this vision is one that presents an obstacle or two in its realisation. Yet, when you think about it, there is “no growth without effort” and no effort is ever wasted if it is undertaken with love.

**For further information, please contact the author:**

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Stephen Chong is available for book signing events, public speaking engagements, workshops, interviews and professional development/coaching activities.

