

**FOREWORD
BY
KELVIN LIM**

PICK ME UP



REAL LIFE STORIES TOLD IN 24HRS BY FIRST TIME WRITERS

Preface

Pick me up - what happens when you put a group of amazing and talented people into a room and they start inspiring each other.

Wow. It is amazing what happens when a group of empowered and talented individuals are put together into the same room. Magic happens. And it is scarcely predictable that a compassionate act done years ago passed on could result in such wonderful, creative and powerful energies harmonizing. And looking at the result of the efforts, it is amazing.

Pick me up - When an aspect of your life is expanded and you experience an uplifting in your conditions and circumstances. Over the years, I have met individuals who looked for assistance with an aspect of their lives or another. As a function of livelihood by necessity and contribution by choice, I have had the opportunity to work with these individuals to coach with them on their situations and work with them. Coaching, of course, is a slow but progressive route. So we slowly pieced together solutions, breakthroughs, new paradigms, new opportunities, and new lives. Whenever there was a new accomplishment, a mark of their progress, there would be celebration of triumph, an acknowledgement of possibilities and the successful coordination of skill, effort and probabilities.

Pick me up - When your life suffers a setback and you need a helping hand. Everyone deserves a chance at happiness. After all, didn't the US constitution promise us the pursuit of happiness? (We're Asians here, so we are not actually entitled) Most of us find ourselves in the overwhelming circumstances of our lives, and however valiant the efforts of our parents and teachers, our education prepares us for the real-life situation poorly, for much of real life lies outside the domain of simple theories. Armed with a roadmap that doesn't really make practical sense, we march down the road of life only to find that it isn't quite what we expected. We struggle to make sense of things, and turn our eyes to the models and solutions that are offered and thrown around, that make vague promises of happiness, possibility and success, and never knowing really what works.

Once in a while, for some people, they discover something that makes sense and fits, and when they apply these answers that they have found to their life circumstances, they produce results. When these results are accumulated, they create stories of victories over circumstances, the realization of deeper aspects of themselves, the fulfillment of intended dreams, and produce a purpose to the meaninglessness around. I want to acknowledge the individuals who generously offered their stories of their journeys, the team that put it together, and to the spirited efforts that made this possible. And in 24 hours no less. Amazing.

This book is the collection of the journeys these people undertook, and the lessons they learnt.
May they inspire you to greater experiences of your extraordinary.

Kelvin Lim

Master Certified Coach

Founder

Executive Coach International Pte Ltd

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ALT + CLARITY + CHANGE

Throughout my life, people around me have always complained about their lack of money. I always struggled with a different kind of problem – my lack of time.

I have always been an ambitious person; *ironically*, I was also very lost in my life. I spent my time doing meaningless things for different people, so much so I hardly have time to spend on myself. As I strived to keep that up, I soon forgot what I wanted for myself. I was drowning in my busyness, and started to forget what was important to me. Like my ambitions, for example. However I could not completely let go of them. I ended up so lost and torn that I started to tumble into a state of despair and confusion. My life turned chaotic and devoid of any meaning. I wanted so much to believe that there has to be something that I could do about this ... I found myself asking numerous questions that remained unanswered.

The answer came to me when a kind acquaintance introduced me to coaching. Through the process, I got real with myself and had a hard look into what I kept myself so busy all the time for other people. The answers were hard to swallow – the truth always is. I had a fanatical need for approval and I somehow made that the meaning of my life. Sure enough, that was about as useful as I could be.

Knowing this gave me the chance to fix my life as it is. My mind was filled with all the possibilities of what my life *can* be about, and no doubts can prevent me from taking this chance. The passion that I

used to have come back with fervor and, coupled with my new found clarity, I learnt to focus it on the things that really mattered to me. I carried on pursuing the ambitions that I once neglected. Within a short span of time, I started to make marked achievements in the area of public speaking and eventually emerged champion in several regional speech competitions, including the Toastmasters Humorous Contest (Division). I was short-listed and invited to be featured in 'The Straits Times under the Top 25 Alternate Achievers in 2006'. Just a few months after, I authored and launched a book – The FAQ Book on Public Speaking. And I dare say I have only just begun!

Most importantly, these achievements are only secondary to what I now realize really matters to me – my relationship with my family. They say loving someone gives you courage - I started opening up to my parents. I told them how much I love them. I made efforts to be with them when possible and spend quality time with them. All these allowed me to achieve a level of intimacy with my parents I never thought possible.

I found myself falling in love with life itself and my days starting filling with joy and excitement. I was living my life for MYSELF! Yes, life started to feel glorious! My dreams and ambitions were being fulfilled and with every achievement, new dreams started to unfold for me. Life is never boring now, and it just gets better every step of the way.

Eric Feng, 26

Professional Star Speaker

Associate Certified Coach, ICF

Program Leader, AdvantEdge

THE MASTER COACH SAYS...

When one is young and talented, many opportunities tend to come to us and sometimes we fall into a frenzy of trying to fall upon all of these opportunities at the same time. And if u are talented, it is easy to attain gains in several areas and get caught in a trap of multiple successes. While this can be considered to be an enviable position, being torn between two promising roles can be painful because we could find it difficult to even consider letting go of any of them. When one chooses to go right back to one's core one would be able to find what really matters – the source of what made you successful and talented in the first place. And when we find the core it will be a relatively smooth journey to begin to establish oneself in the direction of one's true talent.

Sometimes ambition is in fact a running away from a sense of failure or a fear of failure and hence a person tries to cover up the emptiness inside by acquiring things on the outside. After all, does not the triumphant cry of a successful man ultimately result in 'look at how much money I have, don't you envy me? Am I not better than you? Look at the 10 thousand people I'm talking to? Do you love me enough now?' and it all come down to one thing – I'm doing this to prove to myself and the world how good I am. Don't you think somebody can now pick me up?

5 Lessons to Pick Me Up

How does coaching work in transforming one's life and allowing him/her to create a fulfilling journey?

These are five distinctions that you can apply to your life, that help you create your fulfilling journey.

[More ...]

Coaching - the way it is used and the way it shows up vary from different individuals. No two persons are identical. Each person is unique in a certain way, thus, even with the same method of coaching, it can produce totally different results when apply on different persons.

Now that you have seen the power of intention, and how these 30 people picked themselves up, and forged the courage to make a difference to their lives, what would YOUR next step be?

About Executive Coach International Pte Ltd

Executive Coach International Pte Ltd (ECI) was founded by **Kelvin Lim Kian Meng**, second in Asia to be recognized as a Master Certified Coach (ICF).

Within 4 years, Executive Coach International Pte Ltd has built her way up to becoming one of the leading coaching organizations in the region, boasting the largest body of Internationally Qualified Coaches to be certified by the International Coach Federation (ICF) based in the USA.

The coaching in ECI caters to different levels and dimensions of a person's evolution. ECI stands committed to all its clients in creating significant breakthroughs in living powerful and inspiring lives.

All of the inspiring stories above are real experiences of the graduates out of the Life Performance Coaching Program: The Courage to Create.

To find out more about transformational coaching and what it can do for you, feel free to contact us.

Check out what our clients are raving about:
www.liveyourmark.org

Thank you!