

trainertestdrive

Coaching to make a difference



WHAT MADE YOU DECIDE TO BE A TRAINER?

I began life in the corporate world in London and subsequently returned to Singapore to teach. During that period, I lived in various parts of the world, including the African continent, Central America and Asia.

WHAT DO YOU LIKE BEST ABOUT BEING A TRAINER?

I realised I had a great deal to contribute from my life experiences and curiosity about people. Doing what I do now allows me to combine both worlds of education and business.

WHAT ARE YOUR AREAS OF SPEAKING AND WHY DID YOU CHOOSE THIS SPECIALTY?

I am engaged to speak mostly about personal motivation and mental resilience. This is an area that constantly fascinates me because our enthusiasm and mental fortitude greatly affects the quality of our work and daily life.

WHAT MAKES YOUR TRAINING UNIQUE?

I use ultra endurance racing as a metaphor for life mainly because life is not a sprint, but a long distance event. I tell inspiring stories and illuminating anecdotes from my experience

of racing a total of 1,000 kilometres in the four deserts of Sahara, Gobi, Atacama and Antarctica. By adapting the mentality and habits of elite athletes, I impart the seven Ps of peak performance: Purpose, people, pacing, perspectives, participation, preparation and practice.

WHAT IS YOUR PHILOSOPHY TOWARDS TRAINING?

The integrity of a trainer and speaker lies in his knowledge of his subject; he is an expert not because he has merely studied or read the material, but because he lives and breathes the essence of what he talks about. He must preach only what he practises.

WHAT COMPANIES HAVE YOU WORKED WITH?

Some companies I've worked with include MINDEF, PricewaterhouseCoopers, DBS, AIA, Tokio Marine Life Insurance Singapore, Gazprom and Abbott Laboratories.

DO YOU HAVE A QUOTE OR SHORT STORY THAT YOU LIKE TO SHARE WITH YOUR PARTICIPANTS?

An Antarctic saying has it that below 40 degrees

south in latitude there is no law; below 50 degrees south there is no God; below 60 degrees south there is no common sense. You know when you are a great company or individual: you set bold visions and audacious plans that seem plain crazy to others.

WHAT SCHOOL DID YOU GRADUATE FROM?

I graduated with dual honours in economics and politics from Keele University in the UK.

HOW CAN PEOPLE CONTACT YOU?

Email me at thaddeus@therunawaysuccess.com; call me on 97567504 or visit my website www.therunawaysuccess.com.

They can also learn more from my book: *Runaway Success: Life Lessons from Ultra Endurance Racing*.

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