

Reflections from Rob Lilwall's Presentation to HKBN and Friends

Leading Change – Lessons from the 3-year 50,000 km Cycling Journey from Siberia to UK

A great sharing! It reminds us one of the keys for success is to see stress as challenge but not a threat. We have to embrace challenge in which challenges may bring great opportunities. And also that being resilient by having a growth mindset and the right attitude is important.

1) We talk about having a 'bad day' but if 2 billion people living on 1 USD per day, we don't have a Bad Day! Was a very good reflection moment.

2) The biggest fear we often have is our own internal fear!

3) Go out there a challenge yourself, dare to take acceptable risks and live a real life!

This is one of the most fruitful talks that I've ever participated in. Rob shared with us some very insightful ideas, saying growth mindset is far more important than fixed one, do not give up during hard times, power of networking...etc. I was inspired and took a while to review my core beliefs again. People always put limits on themselves, limits on what they can do, physical or anything else, and it spreads over into the rest of their life. I think "go the extra mile" is extremely important. No one but yourself can put limits on what you can do... so always think out of the box. If there are plateaus, go beyond them. Even you are in hell now, keep going and never give up. If you are worried now and fail this time, do not quit but keep going and turn worries and failures into positive, focused energy. Bruce Lee said 'Quit and you might as well be dead.' Then sometime in the future, you will find yourself exceed your level and achieve what even you cannot imagine now.

The incredible experiences Rob shared taught me that life is about taking the right calculated risks, by having reasonable and researched caution rather than irrational, controlled fear.

1) What makes you extraordinary is defined by your attitude.

2) Fear makes you stronger if you can overcome it.

Very interactive and very excited to hear Rob's adventures on how he persevered through the tough challenges and fears that were instilled in him from outside sources. Although worried and afraid at times, he used logical explanations, instincts and calculated risk taking throughout his three year adventure to get him through. This was accomplished with a reasonably rested mind and body - something that we all need to learn to do to avoid burnout. The decision to cross the overflowing 'stream' for the second time in Papua New Guinea shows us that through perseverance, luck and success may come after numerous attempts.

Growth mindset is a new concept that tells me we are not fixed. We can change. We can improve! Be positive and motivated to face every new challenge!

1. Luck is waiting for us... If you try opening enough doors, you will eventually find the lucky one ... learnt this from how Rob found his boat ride to Australia.

2. There is a joy to giving ... I am sure Rob's hosts gained a lot from 'giving' during his visits to their homes

1. 'Pace Yourself' - while we are in a competitive city and industry, we all experience enormous stress. I think it's healthy for all of us to stop and ask ourselves, 'is the stress we are experiencing counterproductive?', then make sure we take a break that would eventually take us back to a productive mode

2. Very lovely boat-to-Australia story about the power of 'Perseverance' and 'Network'. Sometimes we do not dare to ask for support and help because of many reasons, we are too shy, we don't have something worth other's to lend a helping hand, etc. In Rob, what inspired me was, if you have a big mission behind, you don't even need to give it a thought before asking for support and help, to everyone he encountered. My takeaway, make sure you have a strong reason then you will dare to ask and do.

3. Imagine Rob is still a geography teacher, he would still be influencing or impacting other's lives in a much smaller scale compare to now. So if you want to make an impact and influence others, do something big.

- set your goal, step beyond your comfort zone

- not to fear, try your best and fight with your full force => no regrets

- positive attitude + growth mindset => Getting closer to your goal

Rob's never-give-up attitude is really inspiring. His growth mindset had led him to overcome all the challenges along the way. I was especially impressed by his determination to get a boat to Australia. This was like looking for a business partner/clients despite all the uncertainty. Rob's 'mission impossible' has made my day look much easier.

Rob is a true adventurer. I put myself into Rob's situation and think what I would do if I were him? Will I give up or keep on? Am I able to jump out my comfort zone to face all these challenges? And he inspired me to set extra personnel goals for my FY17 after finishing my first half-marathon in January, earning a driver's license in Feb and finishing my first outward-bound race in Mar, I am going to set something special and really tough for myself to accomplish. Thanks Rob!

Jumping out from comfort zones is brave, risk your life in the whole world for 3 years is even braver. You made it and your experience enlightened me to re-think what's NOW and what' NEXT. Thank you Rob!

Rob told us a real and high-energy adventure stories which has really inspired me. His powerful motivation message relates to our day-to-day life attitudes in different ways that include embracing change and resisting the fear of failure. Also, Rob's experience reminded me it is important to develop the attitude of tenacity so I can keep moving towards to my goals even when the going gets tough. By the way, I like the type of presentation as it was highly interactive.

Face the things I am afraid of...I think this will help strengthen my physical fear and be brave enough to face tough environments and situations.

Growth Mindset - a new concept, be open to achieve the skill by practice. Don't be afraid of the fear, you can always overcome the fear. Do you dare to walk out of comfort zone?

1. Your attitude determines your capability.

2. There is always workaround for obstacle in your path, it just depends if you are willing to find it or not.

3. Before giving up, think about whether you will have regrets in the future.

Determination, confidence, and 'Can Do' attitude

Nothing is better than having someone tell you his amazing experience on how to achieve something unbelievable. Thanks for Rob and HKBN for giving me a chance to hear such WoW journey. I feel enthusiastic, especially from hearing the best key away - 'Growth mindset'. It perfectly demonstrate the spirit as a HKBNER. Dare to try, dare to fail. Never say we can't if we don't try.



INSPIRED Series: Leading Change 領導革新 By Rob Lilwall



Taking the right risks is essential in the wild, and in the office. To know which risks to take, we have to assess the best advice and then boldly make a decision. Amidst the constant changing circumstances of an expedition, we must also train ourselves to see "stress as a challenge, not a threat".



TEDx HKBN
15 March 2017 (Wed)
Awesome Space, 14/F TAC
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**Light lunch is provided

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