

LIFE WITHOUT LIMITS



David Lim – Mountaineer, Motivator.



After completing a law degree from Cambridge University, David chose to pursue a career in media, spending nine years in print media with time in marketing, journalism and multimedia.

David started Everest Business Consulting in 1999; specialising in motivational and media handling skills seminars.

He has been featured as a newsmaker in many television documentaries including special features on Bloomberg News, BBC North; “Driven” by CNBC, “At Home With” and “Tonight in Person” by MediaCorp TV. A regular guest on radio programmes, David has been interviewed and featured on BBC Radio 5 and MediaCorp Radio’s “The Living Room”.

David Lim is best known for leading the 1st Singapore Mt Everest Expedition in 1998 which succeeded in placing two members on the summit. The climb captured the imagination of an entire nation and helped reset the parameters of what could be achieved by the small and flat island nation.

One week after coming home, he was paralysed completely by Guillain-Barre Syndrome, a rare and serious nerve disorder. The disorder ravaged his nervous system rendering him completely immobile within days. He was nose-fed for three months and was artificially ventilated for seven weeks. Six months later and 15 kg lighter, he was discharged from hospital on a crutch and partially disabled as a result.

David’s comeback has been huge struggle and is a constant source of inspiration for all those who have listened to his story.

His book *Mountain to Climb*, published in May 1999, describes the preparation and challenges of the 1998 expedition as well as his subsequent life-and-death struggle with Guillain-Barre Syndrome.

In March 2001, he returned to Mt Everest, leading an international group of climbers.

David lectures internationally; sharing his views and thoughts about life-management skills, overcoming obstacles, leadership and media handling. ↗



WHAT CAN EVEREST BUSINESS CONSULTING DO FOR YOU AND YOUR ORGANISATION

David Lim offers keynote lectures for annual corporate kick-offs, special corporate events, dinners, sales conferences, regional seminars and brainstorming sessions. David provides a customised delivery of key corporate and personal messages, utilising exciting images of mountain worlds in achieving this goal – Life Without Limits.

Here are some of David's thoughts on:



LIFE MANAGEMENT SKILLS

Passion at the workplace. Embracing changes in one's personal life. Coping with anger and denial. These are common talking points and reflect how such events and emotions can colour how we lead our lives. **In balancing work, play, family and community, we need some insights into making some sense of our priorities – and set them right.**



LEADERSHIP

Leadership isn't only about leading a group of people with possibly diverse cultural and social backgrounds. It is also about self-discovery and how self-leadership must thrive before leadership of others can begin. **Great leadership isn't about leading people – it's about making people share and achieve a common goal.**

OVERCOMING SETBACKS

Coping with catastrophic personal events requires capabilities to handle grief, stress and acceptance. I went from being a healthy, sports-loving person that was climbing Mt Everest when I was suddenly paralysed. The changes to my life and to those around me was immense and demanded a totally different outlook.

TEAMWORK

Teams will stick together through self-interest. The trick is to be able to harness the positive energies of the team dedicated to achieve the greater goal and to suppress the more destructive tendencies of those more self-centred. **No team is perfect but every team must learn to seek perfection.**

WHAT PEOPLE ARE SAYING

"Your speech last night on the importance of teamwork; individual contribution to overall team efforts; working as one cohesive unit are all 'bang on' to the culture we need to forge here in the DDB Singapore Group."

GREG TAUCHER
CEO, DDB Worldwide Communications

"David Lim covered aspects of – Ambitious Goal Setting and its pursuit, Team Participation, Interdependencies and Overcoming Setbacks...the participants gave excellent feedback. All in all a truly inspiring session."

RAVI SRINIVASAN
Partner Business Development Manager,
Asia Pacific Customer & Support Group, Hewlett-Packard

"Thanks again for such a fantastic talk. You may be interested to know that you've also earned a few ardent fans...the response to your talk was so overwhelming, our managing director is thinking of inviting you again."

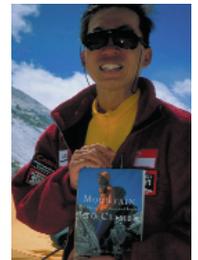
SIMONE CONSIGLIERE
Executive/Internal Communications,
IBM ASEAN/South Asia



WHAT PEOPLE HAVE SAID ABOUT "MOUNTAIN TO CLIMB"

Mountain to Climb was published in May 1999

"David Lim, as Leader of the expedition, deserves great credit for his organisational work and his leadership. It is a privilege to write a foreword to such an excellent book which is also a record of single-minded determination."



SIR CHRIS BONINGTON
British Everest Expedition Leader and climber,

