

As the saying goes, you never know who you are going to meet. Very often, one opportunity leads to another.

One of the participants from my previous [Quality Lifestyle Quality Performance](#) dinner-time talk just last month sent me an invite via email asking if I could give a similar [healthy lifestyle talk](#) to a group of police officers on 18 Nov 08.

I'm sure she must have found my earlier talk useful. I replied saying I would be happy to oblige. From what I understand, the Singapore Police Force has won a string of awards such as Singapore Quality Award, People Developer Standard etc.

Being invited to speak at such a prestigious organisation would only help boost my resume. Of course I'm excited...never mind the fact that I'll probably not be able to take any pictures inside owing to security reasons :)



