

For Immediate Release
18 January 2019

**Business executive and former politician George Yeo speaks at
InspiringHK Sports Foundation's SportsHour Sharing Series**
sharing his views on how to navigate cross currents in today's world

InspiringHK Sports Foundation ("IHKSports") was honoured to invite George Yeo, Chairman and Executive Director of Kerry Logistics Network and former Minister for Foreign Affairs of Singapore to speak at its SportsHour Sharing Series yesterday.

The event was joined by a full house of 100 guests, as well as athlete supporters of IHKSports including Hong Kong Team long jumper Theophilus Chan Ming-tai, Hong Kong Team fencer Vivian Kong Man-wai and former Hong Kong Team swimmer Kent Cheung Kin-tat.

Yeo shared his views on how to navigate cross currents in today's world, on both a personal and country level. He commented on the rise of China, US-China trade war and how he sees Hong Kong as an expat. He also shared the challenges faced by his home country Singapore, as well as his experience in working with the nation's founding father Lee Kuan Yew. During leisure time, Yeo enjoyed running, hiking and Tai Chi. He told the audience how sports has been part of his life, and shared how sportsmanship and the core values he upholds helped him sail through difficult times in life. **"...I think Tai Chi is much more than a physical exercise..., when I am in that state, I hear more clearly, and I increase my concentration," said Yeo.**

Vivian Kong Man-wai said, "It was truly my honour to be able to hear from such a great leader. Thank you IHKSports for arranging this sharing event where athlete supporters can take part and gain insights into business and politics outside our training or academic study hours. It was an eye-opening experience."

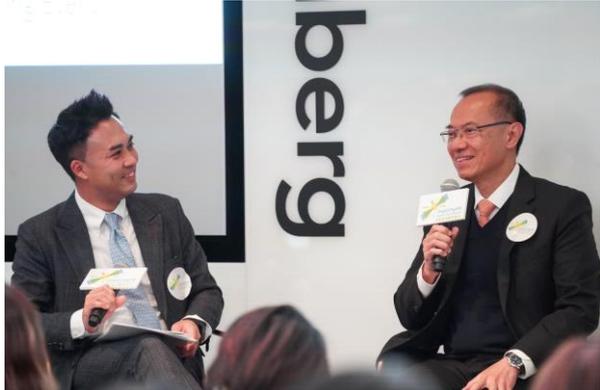
Judy Kong Ka-wai, Chief Executive of IHKSports said, "We are privileged to have Yeo as our guest speaker at our SportsHour Sharing event. His sharing was sincere and thought-provoking. We hope to provide a platform for people who are passionate about sports and charity to interact and inspire each other. We look forward to more successful sharing events in the future."

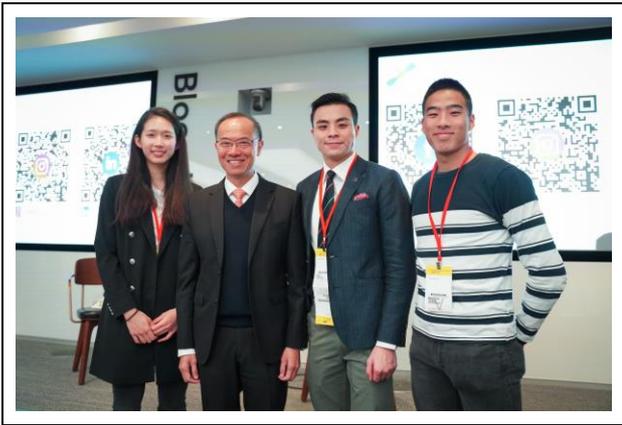
The next SportsHour Sharing event will take place on 7 March 2019, the day before International Women's Day, where a panel of business leaders will discuss women's leadership in sports. Registration information will be available in February 2019.

Media Enquiry

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Photos	Suggested Photo Captions
<p>Download Link</p>	<p>https://goo.gl/KSJsU1</p>
	<p>George Yeo, Chairman and Executive Director of Kerry Logistics Network and former Minister for Foreign Affairs of Singapore spoke at IHKSports' SportsHour Sharing Series yesterday (17 Jan 2019).</p> <p>Photo: 001.jpg</p>
	<p>The event was joined by a full house of 100 guests across industries who are passionate about sports and charity.</p> <p>Photo: 002.jpg</p>

	<p>IHKSports' athlete supporters Theophilus Chan Ming-tai (Hong Kong Long Jump record holder), Vivian Kong Man-wai (Gold medalist for Individual épée in World Cup 2019) and Kent Cheung Kin-tat (Hong Kong Male 200m Freestyle record holder) shared their experiences as an athlete with Yeo.</p> <p>Photo: 003.jpg</p>
	<p>Yeo shared his views on how to navigate cross currents in today's world, on both a personal and country level.</p> <p>Photo: 004.jpg</p>

About InspiringHK Sports Foundation

InspiringHK Sports Foundation is a local charity established in 2012, with a vision of developing better youths through sports. Our mission is to promote social mobility, gender inequality, social inclusion and healthy lifestyle through sports. We carry out our mission through professional sports training, learning experience activities and advocacy activities. There are currently over 600 teenagers taking part in our sports training of over 15 categories, including but not limited to golf, dancing, fencing, hockey, running, shuttlecock, swimming, tennis, women's football, taekwondo and teeball, etc.

About SportsHour Advocacy Activities

SportsHour is a non profit-making advocacy campaign which encourages 5-17-year-old children and youths to meet the recommendations set by the World Health Organisation on physical activity for health, to accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. The campaign has received wide support from local athletes and celebrities, to participate in the SportsHour Sharing Series and charity filming.

Website : <http://inspiringhk.org>

Facebook : [凝動香港體育基金 InspiringHK Sports Foundation](#)

Instagram : [@IHKSports](#)