

Living Life on Purpose

Why I am so Passionate

FAMILY
HEALTH
PURPOSE
TRAVEL
SPORT / MUSIC



It is well known that I am passionate about encouraging you, and all Emery Little clients, to **'Live Life on Purpose'**. What is less known is that there is a very good reason behind this.

In 2004, at the age of 41, I felt I was immortal. I was working hard at growing Emery Little. I was blessed with a wonderful family and striving to be an active Dad and a good husband. On top of that, I had a wide range of hobbies and activities. In a nutshell, I worked hard and played hard. One Tuesday, I left the office at 8.30pm to join friends for a 5-a-side football match, and finally arrived home around 10.30pm. So far, so normal, but later that night, I had the stroke that would prove to be the first step to changing my life forever.

Keep Calm and Carry On

I have often been called a 'driven person', and that drive, together with my family's support, helped me battle my way back to physical recovery. Unfortunately, I could no longer take part in the physical activities I used to enjoy, so I gave even more of myself to work. What I didn't do was to stand back and really reflect on life.

Four years later, we were visiting my wife's village in the jungle in Borneo, when I was stung by a jungle bee. This led to me having an anaphylactic reaction which could have killed me. By sheer good fortune, my brother-in-law is a doctor, and was on hand to pump me with adrenalin. Otherwise I wouldn't have lived to tell the tale.

Talking the Talk

I started to realise how fragile life really is and I began to make some changes. We had always had a holistic approach, and I now became increasingly passionate about encouraging our clients to truly Live Life on Purpose. We started training and adding new skills to our armoury, which led to some really positive outcomes for our clients.

However, I am embarrassed to say that I continued to spend far too much time and energy on work. At the time of the bee sting, we were in the middle of a merger, and I remember apologising that it took me six weeks to get back to working as effectively as I was before. What an idiot I was!

Making the Change

The penny only really dropped for me in 2014, when a friend was diagnosed with Motor Neurone Disease. At this point I finally began to appreciate my own mortality. Since then, I have been taking steps to Live my own Life on Purpose, rather than just talking about it.

It can be hard to shake off old habits, as I know from experience. But I don't want you to be as blind and as slow as I was to see how precious life is, and the importance of living it to the full. That's why I am on a personal mission to spread the word. I want to make a positive difference to your life and to ensure that you know what your personal 'rocks' are. Join me in Living Life on Purpose – I promise you won't regret it for a moment.