

A person in a red jacket stands on a rocky cliff overlooking a sea cave. The scene is split horizontally, with the top half in bright, golden light and the bottom half in dark, shadowed tones. A large red arrow graphic points from the person down towards the sea cave.

# Balance of Life from B to I

Chik Wing Keung



## Chik Wing Keung 植永強

- 曾就職於不同的大型金融機構
- 1997年加入地產前線工作，短短3個月時間即以「7 x 24」工作態度成為「搵匙人」
- 1998年加入理財策劃行業，16年間公司營銷團隊由初期15人增至2000人，直屬團隊人數亦有700人之多
- 2015年下半年加入保險公司，成為區域總監，致力於建構團隊同時亦以極快速時間完成個人業績成為MDRT百萬圓桌會員

要言，  
就自量  
不自量

# 7日 / 橫跨7大洲 / 7個馬拉松





# TRIPLE SEVEN

## a marathon mission



Chik doesn't like running but still completed in seven gruelling races in seven days in various parts of the world

James Parkinson  
@jparkinson

This wannabe ultra runner set to "test running" Chik Wing-keung has a busy week of showing a 70-year-old grandpa his Lunar New Year work outpacing in the World Marathon Challenge—seven marathons in seven continents in seven days.

He was following in the footsteps of Australia's iconic ultramarathoner Dick King, who was the inaugural winner in 2015.

And though his average time of five hours eight minutes and 30 seconds does 30 percent in Gething's estimate, the regional director for insurance company FWD is delighted to have named around 100,000,000 HKD to fund the Hong Chi Amara Centre, a charity that works with the severely disabled.

His first haul was in Antarctica that the same year did the Antarctica for Marathon that the same year.

Chik didn't think he'd be able to complete three marathons every year since 2008 but running is his passion.

The first marathon was in Union Glacier, Antarctica.



Chik Wing-keung's seven medals for completing marathons in seven continents in seven days.

**I hate running training. I think it's boring and doesn't make much sense**

www.wingkeung.com



was from the mountains near in Potosi, Bolivia. Chik Wing-keung has a busy week of showing a 70-year-old grandpa his Lunar New Year work outpacing in the World Marathon Challenge—seven marathons in seven continents in seven days.

Chik only completed the marathon in January.

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295

total number of participants in the world marathon challenge



Watch this space - The World America Cultural District in Hong Kong

10 things Chinese can do with you for a passport

Enclosed: How to get... with you for a passport

South America Cultural District in Hong Kong

10 things Chinese can do with you for a passport

Enclosed: How to get... with you for a passport

# Sunday Morning Post

南華早報

PHILIPPO SANCHEZ/PHOTOFEST/GETTY IMAGES

Published: February 10, 2013 | Tel: 3426 1177 | Fax: 3426 1177

## Out in force

Protesters march in support of the 150th anniversary of the abolition of slavery in the UK

Protesters gathered in London to mark the 150th anniversary of the abolition of slavery in the UK. The march was held in support of the 150th anniversary of the abolition of slavery in the UK. The march was held in support of the 150th anniversary of the abolition of slavery in the UK.

## US treasury head calls China counter

DIPLOMACY

The US treasury secretary has called China's economic policies a "counterforce" to the global economy.

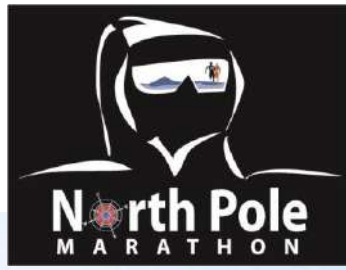
China's Foreign Ministry spokeswoman said the US treasury secretary's remarks were "unfriendly and provocative".

## Chik's 70th birthday

Chik Wing-keung celebrates his 70th birthday with a marathon in Hong Kong.

Chik Wing-keung, 70, completed his 70th birthday marathon in Hong Kong. He is a well-known ultramarathoner and has completed several marathons in seven continents in seven days.

☹️ -40 °C



# MARATHON DES SABLES



2013 28<sup>th</sup> MDS  
>252km in 7 days









Antarctic Ice Marathon & 100k

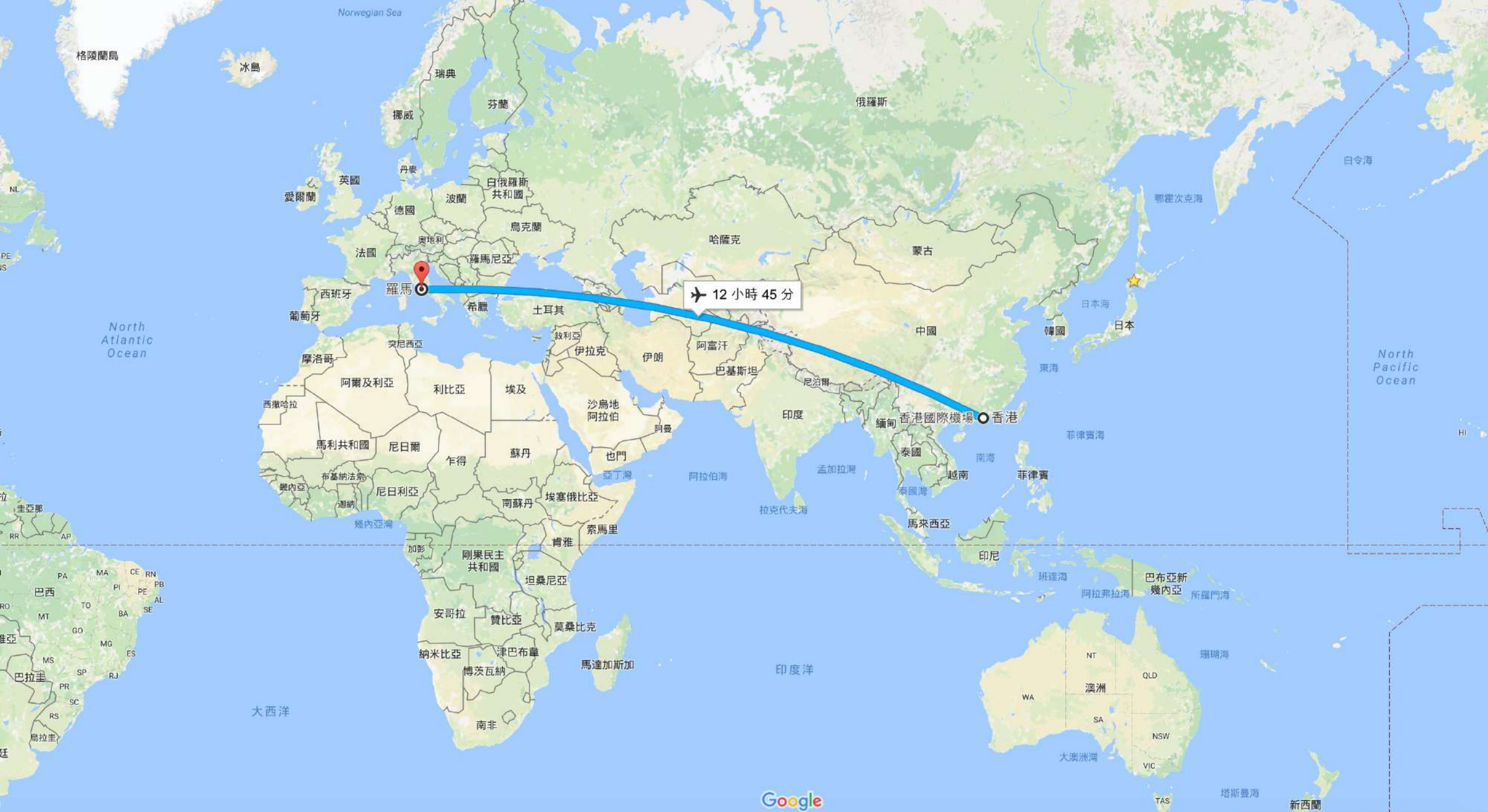






聘书  
兹聘 桂永强 先生  
为 望松村中心小学  
学 校 校 长 聘 书  
聘 任 期 自 2014 年 10 月 1 日 起 至 2015 年 9 月 30 日 止  
聘 任 单 位 望 松 村 小 学 校 长 办 公 室  
聘 任 人 员 王 建 强





✈ 12 小時 45 分



羅馬

香港

歷時50天，一行20部車，  
超越11個國家，走訪30多個城市，  
行駛超過20000公里

1997





1997年，事業上的第一個轉捩點


要突破  
就要搏

這時候，身邊的聲音..





成功秘技 **7 x 24**



一個銀行從業員加入  
保險公司

# 銀行工作是Comfort Zone?



品牌效應

穩定收入

經理名銜

提供客源

# 理想 與 現實



# 現實是.....

01 要找新客源

02 硬推新產品

03 跑不完的數

04 工作時間長

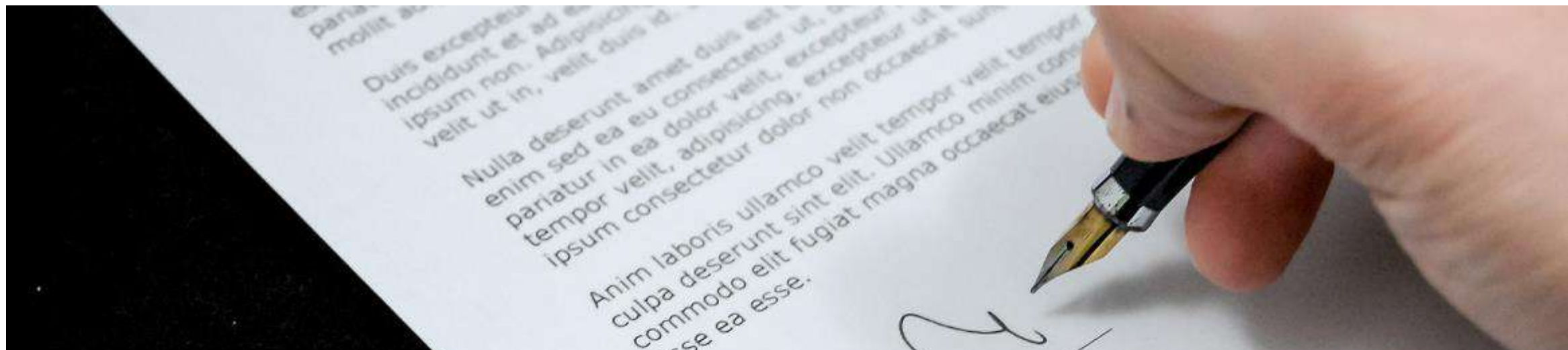
05 工作壓力大

06 人工加幅少

07 份工隨時冇

08 上流空間細

# 贏粒糖, 輸間廠



推廣I Kill You Later給企業客戶



有智慧不如趁勢

曹仁超







EXIT 出口



2018-2019  
Best  
Customer Service  
Award

2018-2019  
Best  
Customer Service  
Award