

# Nominate ordinary people with extraordinary lives

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**THE** late funny man Bernie Mac said as a child he was inspired by his mother to embark on a life of comedy.

Teen sensation Miley Cyrus caught the acting bug when she was eight years old after watching *Mamma Mia!* at the Royal Alexandra Theatre in Toronto. She was so captivated by the musical that she took acting lessons in Toronto before auditioning for Disney's *Hannah Montana* series. The rest, as they say, is history.

Sonya Sotomayor is an associate justice of the Supreme Court of the United States. Nominated by President Barack Obama, Sotomayor is the court's 111th justice, its first Hispanic justice and its third female justice. Interestingly, she drew her inspiration by reading Nancy Drew detective stories.

People draw inspiration from the things they read or heard, but inspiration need not be drawn by music, books or movies alone. It can be drawn from somebody in our lives. Have you ever had a moment of inspiration after speaking to someone inspiring? Have you seen or heard inspiring stories about someone who gives you a new perspective on life?

If you have, then the Live and Inspire Awards is the right platform

for you to highlight the stories or individuals or teams that hold insights into human potential, beliefs, values and lessons in life that often go unnoticed.

The award, which will take place during the Live and Inspire Weekend on Oct 24 and 25 at the Sunway Resort Hotel and Spa, is about highlighting inspirational stories of ordinary people who have lived extraordinary lives.

It intends to highlight the works, accomplishments, personal struggles and strategies used by these extraordinary individuals who have unknowingly inspired change in another person.

These stories, if made available, could serve as an example to many who may share similar situations and might be able to connect with these people who have lived extraordinary lives.

The Live and Inspire Awards is about honouring people or organisations who have probably lived without realising that their struggles or courage has inspired change for others.

There are five categories of awards: Voize Youth Rocks! Live and Inspire Humanitarian Award, Live and Inspire Sports Award, Live and Inspire Celebrity and Arts Award and Live and Inspire Team Award.

The Voize Youth Rocks! Award focuses on highlighting youths who are making a difference within the communities. Anyone who is below the age of 39 who is influencing the world around them for the better is welcomed to be nominated for this category.

The Live and Inspire Humanitarian Award focuses on individuals from non-governmental organisations or even NGOs working on causes to make a difference to humanity and the environment. This award lauds people who go beyond



In spite of her medical condition, she worked tirelessly to set up Helping Angels, which started as a global Facebook group to recruit volunteers to do welfare work in August 2007.

Within the first year, the group organised more than 90 official events in Malaysia and recruited over 1,000 members globally. The objective of the group is to motivate career professionals to use their wisdom, influence, skills and time resources to help others. To date, the volunteer movement has spread its wings to Taiwan and Bangkok.

However, if you draw your inspirations from celebrities and know of any who make an impact with their work and talent, then the Live and Inspire Celebrity and Arts Award would be your way of appreciating their talents and their contributions to humanity.

If you know any profit-making organisations that take various steps

to create more for the community and environment in Malaysia, then make this be known to all by nominating them for the Live and Inspire Team Award. The companies could range from Small Medium Enterprises (SMEs) to captains of industries; if you think their management is making an impact, then nominate them.

Now, the next question is how do you nominate the inspiring people you know? Simple, anyone can nominate any number of nominees through various online mediums such as *theSun's* official website ([www.sun2surf.com](http://www.sun2surf.com)), *Voize.my* ([www.voize.my](http://www.voize.my)) and the Live and Inspire official website ([www.liveandinspire.com](http://www.liveandinspire.com)).

The top 10 inspirational lives and organisations will be shortlisted by a panel of judges who will then select the top three winners.

All top three winners will be honoured with prizes during the Gala Night of Inspiration at the Live and Inspire Weekend.

Nominations end on Sept 30. For details, visit [www.liveandinspire.com](http://www.liveandinspire.com).



their ordinary living and stand for the betterment of humanity.

An example of a nominee for the category is Poesy Liang (*pix*) who is the founder of Helping Angels. This Malaysian-born Taiwanese survived three spinal surgeries and battled paralysis caused by a rare case of benign tumour. She is an artist, writer, poet, architectural interior designer, jeweller, entrepreneur, philanthropist and television personality.

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