



Girl Power

by Joseph Lim

Zhang Ting Jun, co-founder of The Chain Reaction Project (TCRP), a non-profit organisation, took some time off to tell *Ezyhealth* what gets her going and how she tackles challenges.

EHB: Tell us what are you currently working on now?

Ting Jun: At the moment, I'm working on The Chain Reaction Project's (TCRP) upcoming adventure to Cambodia this December, as well as on-going projects with schools and companies. I'm the co-founder of TCRP is a non-profit organisation where we use adventure as a platform to raise funds and awareness for different causes around the world.

EHB: Which person inspires you today?

Ting Jun: I draw inspiration from the many individuals whom I've worked with over the past few years. From those who are leading the fight for their respective causes, to children who have won their fight against malnutrition and girls who have found the courage to not only survive but stay positive in the face of being victims of human trafficking. Such individuals inspire me very much.

EHB: What do you think is your purpose in life?

Ting Jun: My purpose in life is to be a catalyst for change and to encourage others to do the same.

EHB: Do you inspire others, if so, how?

Ting Jun: No, personally I don't see myself inspiring people, rather, collectively through the work TCRP does.



EHB: How do you stay fit and fab?

Ting Jun: Regular recreational and sports activities keep my mind and body fit and fab.

EHB: What has been your most gratifying experience in life so far?

Ting Jun: It definitely has to be TCRP's second project, when 22 individuals (whom we call catalysts) joined TCRP. Together we delivered and built a playground for our adopted charity in Timor Leste. While there were not many catalysts or significant donations, it was one of the milestones in TCRP's history that made me feel gratified.

EHB: What are your pursuits in life that keep you going?

Ting Jun: Spending time with my family and friends is really important to me, having the passion for adventure and working for TCRP.

EHB: What is your mantra for life?

Ting Jun: It changes... but at the moment, I really like this quote by famous American journalists and essayist Nora Ephron, "Whatever you choose, however many roads you travel, I hope that you choose not to be a lady and that you will find some way to break the rules and make a little trouble out there." **ehb**

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