

Words of Wisdom  
From Leaders on 7 Continents

**BELIEVE,**  
INSPIRE, EMPOWER & TRANSFORM

Your Journey  
to a Bright  
Future

A Book by Todd Tukey & Nazanin Weck



# THE NEXT STEP

For Teachers, Parents and Supporters

From a Hollywood movie studio to a classroom in Kenya to a London boardroom to the most remote continent on the planet, leaders are sharing words of wisdom to help prepare our youth for the future. Leaders in diverse professions across more than 15 countries asked themselves, **"If I could turn back time, knowing what I know now, what would I tell my teenage self?"** Advice on the following pages was given specifically for this book.

**T**he purpose of this book is to inspire our youth and prepare them for tomorrow. This is a time when they need it, and we need them. The challenges we face require the creativity, passion and leadership of our next generations. Beyond unlocking doors to new ideas, our young people are facing the challenge of finding their own voices in a world that is noisier than ever before. We want each reader to have a voice in this book so it is a personal and meaningful experience. We have included activities to help our youth seek advice from mentors around them, learn about new parts of the world and dare to dream big. Now it's time for us to speak directly to the audience, the future leaders and champions of our great world. ~ Todd and Nazanin



## Todd Tukey

“  
Life is a movie, and you are the star. Include some good twists, inject humor and fill it with interesting characters. Make your movie one to remember, and along the way, you will evolve from a star to a superstar.”

Todd grew up in a small town in the state of Maine (USA), and he later lived in Atlanta, Boston, London and Los Angeles to experience city living. Todd came up with the concept for this book while watching a documentary about Malala Yousafzai, the teen who was shot by the Taliban for advocating for girls to attend school in Pakistan. After recovering, Malala proclaimed: "It is so hard to get things done in this world but you try and too often it doesn't work but you have to continue and you never give up." Inspired by these words, Todd reached out to contacts around the globe for advice to empower youth. This book motivated Todd to follow his own dream of moving to Nashville to work for one of the most respected law firms in the world. Learn more at [www.toddtukey.com](http://www.toddtukey.com).



## Nazanin Weck

Nazanin grew up in Tehran, Iran and moved to the United States when she was 12 years old, to escape the war in her country. Since then, she has traveled all over the world and lived in many different places. Nazanin currently lives in Atlanta, Georgia, where she is very involved in her community through volunteer work, and serves on numerous boards. She has always had a passion for design and wanted to contribute her unique vision to this book. Having a pre-teen daughter, she understands the importance of inspiring, encouraging and empowering our youth! In her current role as the Marketing Manager for one of the largest counties in the state of Georgia, Nazanin understands the strength in cultural diversity and uses it to encourage dialogue among peers and leaders.

Learn more at [www.linkedin.com/in/nazaninweck](http://www.linkedin.com/in/nazaninweck).

“ Believe in yourself and your ability to do anything you put your mind to. I promise you at any point in your life, if you take all of your problems and compare them to other people's, you will still choose yours. Things are never as bad as you think, and they always get better.”



# Future Leaders and Champions of the Word:

This book has found its way into your hands for a reason. Some things happen by chance, but others are destiny.

In YOUR book, you will find words of wisdom from leaders on all seven continents. Yes, even Antarctica.

Leaders come in many roles – parents, teachers, firefighters, executives, artists, performers, students...the list could go on longer than this book. A leader inspires confidence in others and moves things into action.

As you prepare for the next steps in your life, you should gather advice from leaders you respect and admire. Some might live in your area, and others might be far away.

So why should you spend time on this book? That's easy. You are now the author of it! Your name is going on the cover, and there are several pages that you have to finish.

Beyond authoring your first book, you will find another great reward – answers to some questions about your future. ■



## ACTIVITY: Getting Started

{1}

What would I like to rename this book? (It is your book after all)! See a new version of the cover on the next page.

{2}

Come up with a pen name. (Many authors don't use their real names. J. K. Rowling who wrote the Harry Potter books was actually Joanne Rowling and has no middle initial). You might also choose to use your real name.

{3}

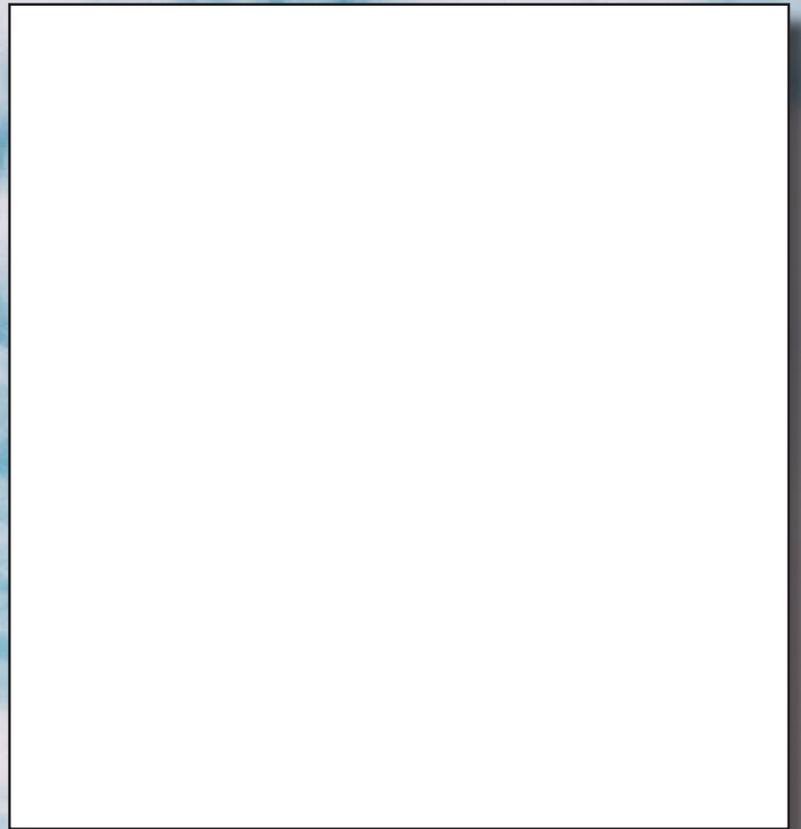
Your picture and bio can go on this page.

{4}

There will be more activities throughout the book. (It isn't that easy to become an author).

Words of Wisdom  
From Leaders on 7 Continents

# **BELIEVE,** INSPIRE, EMPOWER & TRANSFORM



A Book by:



Just time  
to  
INSPIRE

Now, let's hear from leaders  
around the world...

## Wendy Luhabe

Economic Activist and  
Founder/Chairperson  
Women Private Equity Fund  
Johannesburg, South Africa



**“ You are in the world for a reason and for this time because you behold the wisdom that humanity desperately needs to resolve the challenges that confront us and to restore the moral fiber of humanity. Take a stand and be the change that the world needs.”**

*Wendy is a pioneer in the economic empowerment of women with her revolutionary ideas, which enabled South African women to become investors for the first time in the mid '90s, after South Africa became a democracy.*

*The Virgin Group was launched in 1970 as a mail-order record business that later developed into Virgin Records.*

*Today, the iconic Virgin brand is a leader across industries. A New Zealand native, Josh joined Virgin after being interviewed by Richard Branson in a taxi.*

“  
Find a way to make the things  
you love part of your life every  
day, including in your work.  
Always remain curious and never  
be afraid to ask questions of  
anyone. Be brave – trying and  
failing will teach you more than  
never trying at all.”



**Josh Bayliss**  
Chief Executive Officer  
Virgin Group  
London, United Kingdom

# Isis King

America's Next Top Model Star  
Los Angeles, California, USA



“  
**Sometimes things may seem like a long shot to others but only you know if it's possible or not to accomplish. Never stop dreaming... never stop believing. If you're your own biggest cheerleader, well then how can you fail? Dream and make it a reality! Dreams come true, trust me I know.**  
”

*Isis was featured on cycles 11 and 17 of America's Next Top Model. She became one of the most famous transgender TV stars in the world. A successful model, Isis has appeared on several other TV shows and remains an advocate for LGBT rights.*

*Amir is a pioneer in transforming business through social media. He founded start-ups in China, Australia and Canada.*

“  
Empty your mind, be form-  
less, shapeless like water – water.  
Know your stuff, focus on results  
and get along with the flow...  
”  
make the impossible happen.



**Amirsan Roberto**  
Social Media Entrepreneur  
Shanghai, China

# Elisa & Giorgia Di Martino

Travel Bloggers

Paris, France



**Elisa** ~ Exploring new

places deeply nourishes my

curiosity and makes me feel free. So

just be open-minded and willing to

learn, choose a destination, take a bag

and never stop traveling.

It's a big world out there to explore!

**Giorgia** ~ I've always

looked for a meaning in my life. How

can I make the most of this journey?

Traveling got me closer to the essence

of my existence. Just go, be bold, get

lost, wander, explore, dream, live

deeper, take risks and feel alive. Life

is a marvelous adventure.

*Elisa and Giorgia are twins, and they recently launched Twinderlust, a global travel blog gaining a lot of attention.*

*Joanne is the survivor of a serious car accident that resulted in a life-changing spinal cord injury. The mother of two sons, Joanne was named by the National Law Journal as one of the top 75 women lawyers in the country.*

“**Stay true to yourself and your values. This defines your character – it is your inner compass. Keep it strong, trust it, even when it is difficult, even when you want to make decisions or take actions that may be easier or that others are doing, but that you know in your head and in your heart are wrong. The right decisions are rarely the easiest.**”



**Joanne Lichtman**  
Lawyer; Mother and Survivor of  
Serious Car Accident  
Los Angeles, California, USA

# Workbook Assignment

Jot down inspiring quotes from people you admire.

~Song lyrics, book quotations, wisdom from political figures, anything goes.

*Surya is a three-time World silver medalist (1993–1995), a five-time European champion (1991–1995), and she left a lasting impression at the 2008 Winter Olympics by landing a back flip. She landed it on one foot.*

**#If you want, you can do it**

**#Do it like if it was the last time or day**

**#Attitude is a little thing that can make a big difference for everyone around you in life**

**#Don't be afraid of the changes but be more afraid of the routine**

**#Better silence than suffering**



**Surya Bonaly**

French Figure Skating Icon  
Minneapolis, Minnesota, USA

## Momoko Ogata

Playwright and Producer  
Hong Kong, China



“  
After all, what I am today is a  
result of my own choices. So,  
listen to your heart, be very nice to  
yourself, and allow yourself  
”  
to have fun.

*Momoko is originally from Tokyo, Japan and became a successful international business professional and a respected mentor to young professionals through her career in Beijing, Hong Kong, Tokyo, and New York. She is now taking a new adventure to be a full-time artist, to tame her inner jaguar called “addiction to theatre.”*

*Oliver is a visionary entrepreneur who has founded several tech, media, and social media startups that have disrupted and reshaped the space. He has a long roster of corporate and celebrity clients. His new book is creating buzz around the globe -- "The Social Organism: A Radical Understanding of Social Media to Transform Your Business and Life."*

**“ Be yourself... everyone else is already taken...don't feed the trolls...there is no substitution for hard work...and never read the YouTube comments. ”**



**Oliver Luckett**  
CEO, Revilopark  
Reykjavik, Iceland

## Boaz Avaye

Teacher, Jemovo High School  
Vihiga, Kenya



“ The only constant in the world of yesterday and today is **CHANGE**. Society through its instruments of discipline tries to shape character and behavior but growth is personal. It can't be prescribed for anyone always. You get a blank check at some point. Ensure you scribble an amount that will make you nothing less but **WORTHY**. ”

*The two official languages in Kenya are English and Swahili, although there are 69 languages spoken in various parts of the country.*

*Bass, Berry & Sims is a leading American law firm known for its creative yet practical solutions to client needs. In his leadership role, Todd focuses on innovative approaches to delivering value, furthering diversity within the legal profession, and continuing to promote legal and business excellence. He is a father of two.*

**“ Surround yourself with people who inspire you, and do everything you can to inspire them. Be creative, be accepting of others, and above all else, be yourself. ”**



**Todd Rolapp**  
Managing Partner  
Bass, Berry & Sims  
Nashville, Tennessee, USA

## Miriam O'Shea

Pop Singer & Founder of Wild Island Records  
Dublin, Ireland



**“ Good things only start to happen for you when you stop caring what others think and start doing things your way. Listen to your gut and it will always lead you in the right direction. ”**

*Miriam recently released her single “Dance With You,” which has been featured on the BBC and Dublin’s 98FM. Find it on iTunes today.*

# Workbook Assignment

## The Happiness Page!

What makes you smile? List people, places, things, anything. Be creative and fill the page.

## Ian Ziering

TV and Movie Actor and Entrepreneur  
Los Angeles, California, USA



“ Losers quit when they fail, but winners fail until they succeed. ”

*Ian starred in two international sensations. “Beverly Hills, 90201” was a trendsetting American TV show that ran 10 seasons from 1990 to 2000. “Sharknado” was a made-for-TV movie that has three sequels and a video game. Don’t be surprised if there is a fourth sequel.*

*The population in Antarctica reaches about 4,500 in the summer, but in the winter it drops to 1,100. It's no wonder, during that time the temperature is -49 degrees Celsius (-56 degrees Fahrenheit).*

**“ Believe in yourself. If you have a new idea on how to make the world a better place for humanity and the future generations living on little Planet Earth, think of a way of making it happen, and one day your idea will change the world. ”**



**Paolo di Montorio-Veronese**  
Chairman  
ANTARCTICA Open World Foundation  
Antarctica

## Cady Sun

Managing Partner  
The Digital Recruiter  
Shanghai, China



“  
Read as many books as you can.  
Stay away from the mainstream  
media. Learn how to think.”

*The Digital Recruiter helps companies build  
teams with top talent.*

*Based in Chicago, Winston & Strawn LLP is one of the largest law firms in the world with offices in North America, Asia, Europe and the Middle East.*

**“ Surround yourself with people who have positive energy, people who are smarter than you, and most importantly, people with strong character. Never compare your life to others. Comparison will always be the thief of your contentment. ”**



**Melissa Ertek, MBA**  
Chief Development Officer  
Winston & Strawn LLP  
New York, New York, USA

Joanna prefers for her artwork do the talking, but recently she shared the stories behind two very personal photographs – and with them came words of wisdom. Joanna also teaches students in downtown Athens about her craft so empowering youth is particularly important to her.



# Joanna Skiftou

Acclaimed Photographer, Athens, Greece

**D**uring a drive to find something to capture, I came to what seemed to be an abandoned ship. As I am non-threatening and quite kind, I convinced the guard to let me on board to take some shots. From the dark hull of this huge boat, tied with large ropes on the pier, I was gifted with an amazing view to the open sea and the sunset. Looking out from that small opening, I imagined the great adventures, the difficult sails, the bulk carried and the

trades made and, generally, all the “old glory” these ships, along with their crew and masters, must have lived through before ending up tied down, lifeless, on some remote pier.

Looking at the photos back home later the same day, the verse of a Greek poem “Sea” by George Manettas, sailor and poet, came to my mind. *“Sea, I do not know where you are, to turn the boat, spring from the*

*sluggish waters of the river, leave from this pier to which the ropes hold me down, and find myself in turbulent sea weather...”*

Find “your sea,” gather the strength to break free from what holds you back, go out of your comfort zone, be eager to sail in turbulent waters; visit unvisited shores and enjoy your life adventure to the fullest!



**O**ne of my favorite walks is in the historical center of

Athens, around the Acropolis and the surrounding green hills. It always moves me to see the tourists and visitors who normally flock the area gazing at the Parthenon, the ancient music theater at its feet, and recount the history, be amazed by the achievements, construction and culture of civilizations past. During one of these walks this past April, I could not resist

capturing the image of a young boy, in turn trying to take a picture of the Acropolis with his camera. This photo of the landmark monument of the Greek civilization would go back to the boy’s country, to show and tell, to share with his friends where he went on his travels. Understanding our planet and peoples’ history and civilizations can be a source for positive inspiration for the future, to achieve better and greater things and in more equal ways.

# Workbook Assignment

IF I COULD...

If I could visit anyplace one day, it would be...

If I could meet anyone, it would be ...

If I could change one thing about the world it would be...

If I could have any job, it would be ...

**And maybe some of these things will actually come true.**

*Le Cube is a unique experiment in France,  
as a center for creation entirely dedicated to  
digital technology.*

“

To prepare the future, you have  
to stay curious about  
everything; analyze the information  
you see and read; know you will  
learn during your whole life;  
understand you are what you do;  
dare to take risks; pass from  
‘power’ to ‘empower’.

”



**Carine Le Malet**

Art Director  
Le Cube – Digital Art Center  
Paris, France

# Brody Hutzler

TV and Movie Star

Los Angeles, California, USA



**“**  
**It’s hard to hear or understand**  
**but I promise you ... it gets**  
**better. If you’re having a hard time**  
**in junior high or high school, hang**  
**in there. Make it through and**  
**everything gets better. Once you**  
**gain perspective, you will see how**  
**arbitrarily that time in your life**  
**”**  
**was.**

*Brody has appeared in movies and TV shows including “Days of Our Lives,” “The Young and the Restless,” “Charmed”, “Family Guy,” and “Angel.”*

*back{4}app is the hub for backend and application program interfaces (APIs). It allows users to create amazing user experiences and forget about complex infrastructure.*

“  
**Believe in yourself, and choose  
carefully in your career  
”  
and business.**



**George Batschinski**  
Co-Founder, back{4}app  
São Paulo, Brazil

## Graham Kellen

Chief Digital Officer  
Schroders  
London, United Kingdom



**“ Aim for the highest peak you see and keep climbing, one step at a time and never stop. In time you will get there, maybe by unexpected routes, but you will get there. The only thing that can stop you is your will and your desire and both of these are fully under your control. ”**

*Schroders is an independent, dedicated asset manager with a strong heritage and culture based on over 200 years' experience of investment markets.*

*Lindsay worked for years as a corporate attorney at large law firms in both Canada and the USA before pursuing a career writing novels. Her debut novel is called BIGLAW, and it is becoming a movie.*

“  
You can't start the next  
chapter of your life if you keep  
”  
re-reading the last one.



**Lindsay Cameron**  
Novelist & Mother  
New York, New York, USA

# Workbook Assignment

Pick two countries you know little about and an inspiring person from each. (Dare you to pick countries you have never heard of.)

*Vezeeta by DrBridge is a leader in healthcare IT platforms that is pioneering the shift to automate the booking world of doctors.*

“  
At some point in your career,  
you will have to choose between  
a job that pays better money, or  
at job you feel more passionate  
about. Be ready for this trade  
off and choose what is right for  
you.”



**Martha Sami**  
Human Resources Leader  
Vezeeta by DrBridge  
Cairo, Egypt

## Brian Dunkleman

Comedian and Former Host of American Idol  
Ellicottville, New York, USA



“ A life filled with failure is better than a life filled with regret. If you’re not failing, you’re not trying. But then again, existence as we know it is clearly a simulation, so free will is just a fallacy ... you know what, just try to have fun. ”

*Brian co-hosted the first season of American Idol (the one that gave us Kelly Clarkson) before deciding to leave the show for a successful career as a comedian.*

*Fujitsu is a global information and communication technology (ICT) company, offering a full range of technology products, solutions and services to customers in more than 100 countries.*

“  
Never ever let others tell you  
what you should be, what you  
should do. But listen, always, and  
be open to meet people, hear  
their stories, it will provide you  
with a different perspective. And  
still at the end, decide yourself  
and take ownership for your  
decisions. Share your success with  
those who enabled you and never  
blame others for your own  
mistakes.”



**Maria Strada**  
General Counsel  
Fujitsu  
Milan, Italy

## Adam Stanley

Global Chief Information Officer  
Cushman & Wakefield  
Chicago, Illinois, USA



“

I decided that the authentic Adam Stanley, with the good and the bad, was more at peace when allowed to be authentic. This does not mean that there are not degrees and variations depending on whether I'm at work, at home, or out with friends. But for the most part, what you see is what you get.”

*Cushman & Wakefield is a leading real estate global service firm with 43,000 employees in more than 60 countries.*

# Workbook Assignment

Gain inspiring advice from role models around you. (Gather five pieces of advice from people who matter most to you.)

# Giancarlo Andriano

New York City Firefighter  
New York, New York, USA



“ The road may seem long and you may, at times, feel you cannot complete it. You are not the first to feel this way. It’s okay to be scared, it’s okay to fail, but it’s **NOT** okay to give up. Never stop trying or believing. The wisdom you so desperately need is only gained from the series of experiences you must encounter.”

*The New York City Fire Department is the largest municipal fire department in the USA and the second largest in the world after the Tokyo Fire Department.*

*Fuezd is a pioneer in the global trend towards secure, cloud-based services.*

**“ Failure is just a question of time spent. The less time you put into whatever it is you want to do the less chance it has of becoming a reality. Dreams come true because people make them come true. ”**



**Lou Mazzulla**  
Chief Innovation Officer  
Fuezd  
Perth, Australia

## Janet Foutty

Chairman and CEO  
Deloitte Consulting LLP  
Chicago, Illinois, USA



“  
Have passion for what you do,  
invest in relationships with your  
peers, and to be true to yourself  
”  
while doing it. **Be authentic.**

*Janet is currently the only female CEO to lead a consulting practice of this size, scope and scale. She founded Women in Technology groups in India and the USA and sits on the board of Bright Pink, a nonprofit dedicated to women's health.*

*Telefónica is one of the world's largest telecommunication operators with a presence in Europe, Latin America and Asia Pacific. It serves 325 million customers.*

“  
In my life I met a lot of people  
with great ideas but only a few of  
them with the capability of  
making them real.”



**Chema Alonso**  
Chief Data Officer  
Telefónica  
Madrid, Spain

# Workbook Assignment

Before we offer our final words of advice, which piece of advice in this book inspires you the most and why?

*Anne is an 11th generation artist whose work shows a unique style and expression.*

*She has authored fairytale books for children. She is a proud mother of six.*

“  
**Be positive and helpful to others,  
and it will always come back to you.  
Life is long and it's important not to  
be lonely; it's important to have  
family and good friends.**  
”



**Anne Sofie Hornemann**

Artist & Mother of Six  
Gentofte, Denmark

## Tisa Jackson

Head of Diversity & Inclusion Practice Management  
Microsoft  
Seattle, Washington, USA



“ There are no limits except what  
you put on yourself. Love, dream,  
and live **BIG & FEARLESSLY.** ”

*Founded in 1975, Microsoft is a worldwide leader in software, services, devices and solutions that help people and businesses realize their full potential. As its Head of Diversity, Tisa has won numerous awards for leadership.*

# Workbook Assignment

It's now time for you to share some wisdom.

Make it good – this is the last page of your book, and it is the first chapter of your life. And finally send your own advice with your name, age, city and country to:

[info@journey2future.com](mailto:info@journey2future.com)



A special thanks to the dozens of leaders who provided words of wisdom for this book. We received a tremendous response and were unable to include all the advice. Our future leaders have support from around the globe.

**Young leaders, believe** in yourselves, **inspire** those around you, **empower** greatness from within, and **transform** your future into a bright one.

**You never know who in the world your advice might end up inspiring!**