



## Open Up for a Breakthrough 開拓視野 尋求突破

**Mr Boyce Lai**  
**Hong Kong Track and Field Team Athlete**  
**Student of MSc in Entrepreneurial Management**

黎振浩先生  
香港田徑代表隊成員  
創業管理理學碩士學生

Seeing Mr Boyce Lai in his smart business suit which perfectly reflected an image of a financial elite, it was not easy to associate him with a top athlete who had represented Hong Kong in various athletics competition, which in fact he had. His shining records include representing Hong Kong in 4 x 100 metres relay in London's Olympics in 2012, snatching Hong Kong's first gold medal in 4 x 100 metres relay in Asian Athletics Championships in 2013, and getting the bronze medal in 4 x 100 metres relay in Incheon's Asian Games in 2014.

The year between 2011 and 2014 was indeed the most prosperous period for him and Hong Kong's relay team, Mr Lai said. The turning point came when he got seriously injured in 2014, which brought changes to the team. "I could not participate in any competition for one and a half year. This had a direct impact on how I view my athletics career, as well as the development of the relay team."

Though injury had brought him frustration, Mr Lai said it gave him learnings and inspirations afterwards. "I was not that mature during the years when the relay team performed the best. I didn't know how to face or deal with criticism or expectations from others. That made me unhappy all the time, whether I won or not. My heart was full of complaints and I was pressurised, thinking that training was a suffering." It was after the injury that he started to learn how to let things go. "When you got injured, you need to be adaptable. Before that, I felt like losing the game even I got the first runner-up; however, I needed to accept that I ran slower than everyone else after I got hurt. You must accept what you are now and let go of the previous success if you want to win again." Mr Lai found that the training became more enjoyable after he tuned his mindset. "My then coach taught me to ask myself when doing anything: What is the objective? What motivates me to do this? Why am I happy doing this? When you know your target, your thinking would become more positive. It would no longer be 'a suffering' but rather 'an attempt for a breakthrough'."



Mr Boyce Lai (2nd from right) with his teammates of Hong Kong's relay team  
黎振浩先生（右二）與香港接力隊隊友合照

Mr Lai would still be back to the running track as an amateur, but he has decided to spend more time on his sprouting financial career as well as studying his Master's degree programme. He is full of aspirations as to his career plan. "No matter what roles to take on, I think it is important to think like a boss, so that your views and perspectives will not get limited. That's why I have chosen to take a programme about entrepreneurship. I hope to understand more and gain an overall insight on how a business runs. I think this will be helpful on career development, whether you are an entrepreneur or an employee."

眼前的黎振浩先生一身挺拔西裝，標準金融才俊模樣，難以想像他另一面原來是代表香港出戰大小國際賽事的田徑好手。曾被譽為香港「接力四子」之一，黎先生曾於2012年出戰倫敦奧運4 x 100米接力，並在2013年的亞洲田徑錦標賽中取得香港首面4 x 100米金牌，及在2014年仁川亞運會取得4 x 100米銅牌，屢創佳績。

對黎先生來說，2011至2014年是香港接力隊的豐收期，不過隨著他在2014年受了嚴重傷患，接力隊亦開始發生變化。「當時傷患令我有一年半不能參賽，這直接影響我日後怎樣看我的跑步事業，以及接力隊的發展。」

黎先生坦言，當時傷患的確帶來打擊，但低潮過後，他卻得到更多啟發和得著。「接力隊成績最好那幾年，自己其實還不是太成熟，不太懂得面對或處理外界的批評或期望，所以常常都不開心，輸了比賽不開心，拿到獎也不開心，心裡很多抱怨和投訴，好大壓力，覺得訓練都是在捱苦。」直到受傷之後，他才開始學懂放下執著。「受了傷，很多事情便要接受。以前跑第二都覺得是輸，但受傷後，就得接受自己比任何人都跑得差。你一定要接受自己，放低那些曾經令你成功的東西，將來才有機會再贏。」慢慢調整心態後，黎先生變得更能享受訓練過程。「當時的教練要我問自己，做一件事的目的是甚麼？是甚麼推動我做這件事？為甚麼做了會覺得開心？當你知道自己的目標是甚麼，想法會變得比較正面，不會老是覺得在『捱苦』，而是在『尋求突破』。」

現在黎先生業餘仍會練跑，但他將把更多精神放在剛起步的金融事業上，此外他還要兼顧碩士課程，十分忙碌。對於未來事業發展，黎先生亦有一番抱負。「我覺得無論工作上擔任甚麼崗位，都需要有一個老闆的心態，這樣視野才不受局限。所以我選擇修讀創業相關的課程，希望更了解整盤生意如何運作。我覺得無論打工或是創業，這種識見對事業發展都是很有幫助的。」