



Biography

Tristan J. Loo

Life Coach, Author, Educator



Some people were born for success...Tristan was not.

Doctors said Tristan would not survive birth.
...He survived.

Teachers told Tristan he would have to go to remedial school.
...He graduated with honors.

Classmates told Tristan he was stupid.
...He graduated with a degree from a top University.

Coaches told Tristan that he was too weak to excel in any sport.

...He won an NCAA scholarship and became a world-class athlete.

Recruiters told Tristan that he was too short to be a police officer.
...He became one of the best crisis intervention officers on the force.

Doubters told Tristan that he couldn't make any money following his true passion in life.
...He created the Synergy Institute and became successful.

From the moment of his birth, there have been people telling Tristan Loo what he could not do in his life, and from the moment of his birth, Tristan has never listened to any of them. He's always listened to his own heart and turned adversity into opportunity.

Tristan was born with prenatal asphyxia which left him with both physically weak and with learning disabilities as a young child. Tristan's defining characteristic however was his determination and his courage to succeed. He transformed his physical and mental disabilities into opportunities for personal growth by becoming a world-class athlete and graduating with a law degree from a top university. He's fought with and arrested some of the toughest criminals out on the street and top university professors seek out his advice as a leading authority on peak performance and personal effectiveness.

As a personal development expert and life coach, Tristan shares his experiences to inspire people to face their fears, to live with passion and to have the courage to create positive and meaningful changes in their lives to produce the success and happiness they desire for themselves.

Tristan regularly appears in the media on national radio, magazines, newspapers and the internet. Tristan has been featured in major publications in every continent around the world. His message resonates with every person who has ever doubted themselves because he's just a little guy who has achieved some enormous things in his own life and his goal is to inspire others to do the same.

Media Inquiries:

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