

Amy Chandler is a Compassionate Go-Getter

Interview by Amelia



SUBJECT

Amy Chandler

OCCUPATION

Zoos SA Public Relations Manager

DATE

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Amy Chandler is not your typical 28-year-old. In her short life she has received multiple awards, including the Alexandria Council's Young Citizen of the Year and Lions International Youth of the Year Judge. After meeting and talking with her, it is clear that Chandler's admirable successes are a result of her go-getter attitude and willingness to give anything a try. Along with this, Chandler strongly believes that it is important to be intentional about the opportunities you want in life and to step out of your comfort zone and into the courage zone often. Chandler also speaks frequently about every body's individual self-worth and encourages to not let the Imposter Syndrome win.

Amy, you're in the line of work where you have done a lot of publicity and promoting. How do you get over those nerves?

You know, I have to think about that a lot, because no matter whether we're the prime minister or we are in year 11 English, we all have that sense of imposter syndrome, like, *who am I to be in this meeting or doing this interview?* or *what can I bring to it?* But I think we just all have to remember that we all have unique experiences and unique stories to tell. And the only stories we can tell are our stories, so we shouldn't feel uncomfortable about sharing those because that's all we can do. But you always have to psych yourself up, even I'm a bit nervous now, and I answer questions from the media all day every day in my job [laughs].



I did some research on Linked In before you came in and saw that you had a lot of accolades that went from your days at school and beyond. How do you think you have managed to be so successful? What is it that you bring to PR that you attribute to this success too?

It's funny isn't it? Every one's definition of success is so different. I feel like I've still got so much work to do, but looking in, you see a measure of success. That's interesting, but I think I have been quite deliberate about the opportunities that I

want, the life I want and [what] things I want to achieve. So instead of just letting things happen, when they may or might not, I've just been deliberate to say, 'No, that's the kind of person I want to work with'... What I have found is that most people wait for opportunities to just fall in their lap, but I think you'll find that if you go after a few opportunities, then more and more will fall in your lap. So, you've just got to take a step, that first step in the right direction towards the kind of dream and life that you want.

"I'm pretty lucky to live in this day in age, the opportunities have never been greater to do what we want and to learn from the people around us."

I think that's a really worthwhile message for young people. Obviously, you are successful because you have that accountability, you are driven and there are no barriers that are stopping you from your success

Correct, there's none! Often, we reject ourselves or we keep ourselves in a box, thinking, *people like me do things like this*. But this is not the case, you can do anything you want. I try to listen and stop my thoughts from rejecting myself. Instead of thinking negative[ly], I think more along the lines of, *no, I'm going to put it out there and let them decide...* Even though these things sound really scary, your comfort with scary gets more and more as you mature and get older.

"It's so nice in our comfort zones, but it's not doing much. However, just a small step out of our comfort zones and into your courage zone can make a massive difference. And that's where the magic happens"



Talking about the comfort and courage zones, was there any particular step from comfort to courage that led you to where you are today?

When I was at university, I was studying journalism and one weekend was feeling really concerned about the drought. I decided to write a letter to my local member sharing my views. He wrote back, asking whether I would like to come into his office and talk about my concerns. I was shocked, and then the imposter syndrome set in. I thought, *who am I to go into his office? I really know nothing about this issue.*

But I did go in there and, as it turns out, I walked out with a part time job.

You never know unless you ask and take a risk

No! [That's] the power of just asking!

"So many people don't ask, they just wait for the kind of tap on the shoulder or that permission slip, but you can do anything."