

Chris A. O’Riordan-Adjah, MS, P.E.

“The Motivator who applies quality techniques to your quality of life”

Chris A. O’Riordan-Adjah founded Addjahlife on the premise of inspiring, motivating, encouraging and providing tools to improve one’s quality of life with quality techniques. Born in Berlin, Germany and raised in Ghana, Chris has lived in the United States since 1995. His diverse background and worldly perspective complete with a world of challenges and obstacles since birth, has earned him the title of “World Ambassador”. His strong faith and perseverance in overcoming obstacles allows him to share equally diverse and passionate experiences along with the quality techniques he developed for you to use in your own life.



The author of *Script-Chores* and his upcoming self-improvement book, *Ten Sigma – Exercising your mind, body and soul effectively and efficiently with excitement*, Chris has also been called “The Life Thirst Quencher”. Through “*The Script-Chores*” he provides the drink of joy to quench the thirst and the inspirational torch to rekindle your hopes.

"A little charm and humor goes a long way in conveying this message. "The Script-Chores" presents the authors experiences from his life that spans over many different countries, being born in Germany, raised in Ghana, and living in the United States. Fine and entertaining work, "The Script-Chores" is recommended" - A five star review by Midwest Book.

His presentations offer insights into exercising your mind, body and soul effectively and efficiently with excitement and how to live a quality life.

Though Chris began his speaking career as a result of publishing “*The Script-Chores*”, his first speech was given to approximately 800 students, friends and family when he was selected as one of the senior speakers for his graduating class in 1999 and is also a member of the National Speakers Association. Chris has been nominated for the Membership Hanzlik Award by the Principia College – an award presented to an international student who has made an outstanding contribution to the College community in sharing the cultural advantages of his or her native country and in the expression of universal brotherhood. With **two Masters Degrees in Engineering**, a **professional engineering license**, a **diploma in writing**, a **certified Lean Six Sigma Black Belt** and a **certification as a personal fitness trainer**, Chris’s greatest joy comes from sharing his experiences, motivating, teaching and making a difference in the lives of those in his audience – ultimately, to providing the drink of joy that quenches their thirst.

Outside the office, Chris, unable to walk without braces until the age of six, has participated in NCAA III soccer, football and baseball and still remains active by exercising and playing soccer on the weekends with his friends in a club, he started, called “Soccer For Fun”. Chris serves as a Visiting Professor for the University of Central Florida and an independent contractor with Dannick Engineering Consultants. He is married to his beautiful wife, Simonetta, from Jamaica.