



KO CHANDETKA

SPEECH AND MOVIE SCREENING

An inspirational story of success, failure, mental health, addiction and redemption.

Book Now

kochandtedka@gmail.com

@Kochandetka  





WHO IS KO CHANDETKA

In an accomplished bodybuilding career spanning three decades, Phoothaphone "Ko" Chandetka won the 1991 NPC Continental USA Overall Teen and followed up with many more impressive results over the years, including overall victories at events such as the NPC Dean Caputo's Powerhouse Classic in 1995 and the NPC Masters Nationals Overall in 2014. In 2016, Ko was part of the first group of athletes to compete in the classic physique division at the Mr. Olympia competition, the biggest show in bodybuilding, where he placed seventh in a competitive and crowded field. He lives in Illinois and is the proud father of two children. He finds great joy in motivating others to be their best by reaching out to share his story through his writing and speaking.



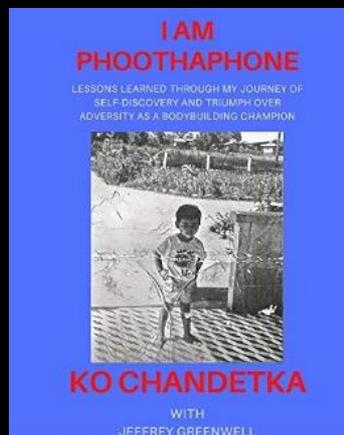
THE STORY BEHIND KO

What would you do if you achieved the pinnacle of success in your field, only to lose it all? Ko Chandetka reached the heights of the sport of bodybuilding, competing at the sport's highest level and winning, but the success he achieved onstage masked a life filled with turmoil. In this powerful autobiography, he chronicles his family's immigration to the United States from Laos and describes his difficulties in fitting in and adapting. He also speaks candidly about a life marked by addiction, dysfunctional relationships, and personal tragedy. In addition, he talks about his initial uneasiness with fatherhood and his ultimate realization of the central importance of his children in his life. The book does not flinch in depicting Ko's struggles, but it also depicts how he has found a way to live a more positive life while coming to peace with his past. Ko also shares lessons he has learned from his experiences that can help anyone from any walk of life. His compelling story shows that his greatest victory has come not in the athletic arena but in living a fulfilling life every day and remaining strong in the face of life's storms.

MY PROGRAM

My standard program includes an opening speech, screening of my documentary *Fallen Star Rising Sun*, Q&A session and book signing. My program can be customized to fit any size audience and is perfect for:

- College and University classes and student groups
- Addiction and recovery centers
- Groups of athletes and teams



WWW.GKOMOTIVATION.COM



www.laoamericansports.com