



## ISACA MALAYSIA CHAPTER GET TO KNOW MEMBER

Title: ISACA MY Chapter - Get to Know the Members (#5)

Dear Members,

It's time to introduce another member in our Get to Know the Members space! Meet Ms. Leong Sow Yoke (please click here to catch a glimpse of her cool picture), our ex-board member in ISACA MY Chapter. Sow Yoke has been with ISACA for more than 8 years now. Let's hear Sow Yoke sharing some of her experiences previously when she was in ISACA BOD and also some background of herself.

1. Please share with us a little background about yourself.  
I am one of 7 children and my family were pioneers of PJ, having moved there when I was 3 years old! I am married with 2 grown boys and a teenage daughter. An accountant by training, I am currently the Group Chief Internal Auditor of Alliance Bank Group.
2. Please tell us on how you first got involved in ISACA and what was your first impression of it?  
I got involved in ISACA after I obtained my CISA in 2007. I wanted to challenge my IT auditors at the time to do the same, and set a benchmark for my staff that becoming certified and being active in the profession is the way to go.
3. What do you find most challenging about getting involved in ISACA work?  
The biggest challenge is finding time to attend Board meetings and organize events. I try not to use my office resources for ISACA so it often means folding up my sleeves and attending to ISACA matters on my own. It involves hard work and sacrifice but I did derive a lot of satisfaction from serving in the Board.
4. In your opinion, has the involvement in ISACA BOD helped in your career progression/career development? If yes, can please elaborate?  
Not really, as I got involved in the BOD late in my career and was already in a senior management role. I simply wanted to contribute to the profession. Having said that, being in the BOD has elevated my visibility in the marketplace.
5. Any unforgettable moments happened during your involvement in ISACA?  
Yes, I was accorded the Presidential Award for Outstanding Achievement in October 2010 when Malaysia Chapter celebrated its 25 anniversary. It was totally unexpected and the gesture is much appreciated.
6. How do people commonly describe about yourself?  
I am known to be a tough but fair person. Family and friends are very important to me.
7. What do you do during your leisure time?  
I serve in my local church. After a long day, I love to unwind and de-stress in front of the TV or do some baking with my daughter. I love sports but unfortunately do not have much time for this nowadays.
8. What is the one thing which most people would be surprised to know about you?  
I have simple needs. A good meal with my husband and children is enough to make me happy.
9. What is your personal philosophy about life?  
To make a difference to others, no matter how small. I will borrow a quote from Abraham Lincoln... "When I die, I want it said by those who knew me best ... that I always plucked a thistle and planted a flower where I thought a flower would grow." The worst thing I can think of is for someone to die knowing that he had not lived or loved or mattered to anyone.
10. Any message to members about getting involved in ISACA BOD or any other volunteer work in general?  
Go for it! Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile (Wilfred Grenfell)



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