My name is Chris Koch (pronounced Cook). I was born in Lethbridge, Alberta and raised in the small farming and ranching community of Nanton, Alberta. It was clearly established early on in my life that I would not be raised with pity or sympathy. My family could have treated my disability like a total tragedy but instead chose to take it all in stride and make the best of the situation. After all, I still had a good head on my shoulders… and with that, anything is possible.

"Every day might not be great, but there is something great in every day."
-Chris Koch

I absolutely love sharing my story and spreading my message of, "If I Can…"

My life has been a fun ride with a lot of laughs and I make sure that my presentation reflects that. I have not let limitations or obstacles in my life stand in the way of achieving my goals and dreams and I encourage others to do the same. Furthermore, I am constantly setting new goals for myself and I think it's important for everyone to always be challenging themselves as well.

Simply put, if I can do the things I have done so far in my life, what is stopping anyone else from doing the same?