

High Performance Habits at Work - excel in the Age of Distraction

It is possible to survive, even excel, in our new Age of Distraction - but only if you change how you **Think, Plan, and Act**. Based on his best-selling book, *Give Me a Break*, Hugh Culver's high-energy keynote is perfect for busy people with To-Do lists that never end. Consistently voted as "best of the event", **Think, Plan, Act** challenges audiences to rethink what it means to be "effective" and how to create real results and a rich life.

Part motivational, part instructional, and part challenging - this content-rich keynote presentation is an exciting experience for any audience. Nurses, CEO's, salespeople, and accountants have all voted with standing ovations to Hugh's **Think, Plan, Act**.

Will your audience be next?

Learning Points

THINK—changing your results starts by changing your story (your audience will actually experience this)! This life-changing lesson continues to impact chronic procrastinators, frustrated leaders, and overwhelmed employees.

PLAN—interruptions are inevitable - poor planning shouldn't be. Learn how to *Plan like a Pilot*, work from a Flight Plan, and create new time.

ACT—discover the secret power of habits to improve willpower, resilience, productivity, and results. You will learn the three parts to any habit and how to use them.

This is a high-energy and interactive presentation that will have your audience **engaged, laughing, and learning**.

A talented facilitator, Hugh creates an atmosphere of dynamic participation, while at the same time keeping delegates entertained with stories that range from the boardroom to endurance running and from Antarctica to golfing at the North Pole.

"...insightful, educational, and entertaining... a perfect closing to end on a high note." – Vik Kail, HR, Bayer CropScience Canada

The One Thing Challenge. Nothing beats results—Hugh's keynotes are completely relevant, practical, and action-oriented. Best of all, delegates will make a 30-day commitment to practice the "One Thing" that will have the greatest impact on their results.

Need a Concurrent Session? Not only is Hugh a dynamic keynote presenter, his exciting, interactive concurrent sessions are always ranked "Best of the Event!" Ask about complementary topics in 90 minute to half-day formats.

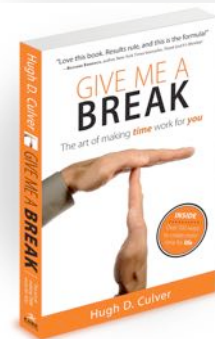
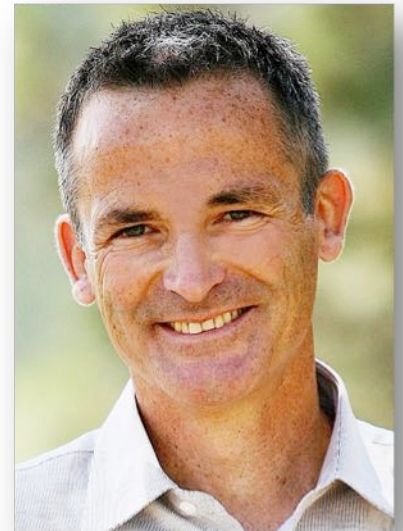
Hugh Culver MBA, CSP is the author of *Give Me a Break: the art of making time work for you*, master trainer, athlete, and a professional facilitator and speaker.

Hugh pioneered tourism flights to the South Pole, was a professional adventure guide for 18 years in British Columbia, Antarctica and the Yukon, whitewater kayaking competitor, mountain climber, endurance athlete and has even golfed at the North Pole!

Hugh’s remarkable training programs and keynote presentations combine street-smart advice with an engaging and often hilarious delivery style that reaches over 25,000 people each year.

His clients include: Royal Bank of Canada, Suncor Energy, BC Lottery Corporation, Imperial Oil, Sun-Rype Products, Food Services America, many provincial ministries, municipal governments and associations as well as four universities and colleges.

Hugh D. Culver MBA is a Certified Professional Speaker (one of only 40 in Canada) a Certified Facilitation Professional (one of 80 in Canada). Learn more about Hugh at www.HughCulver.com



Hugh’s new book “Give Me a Break” is a great addition to your delegate package. Contact info@hughculver.com

“I’ve received fantastic feedback! You are a dynamic and engaging speaker with some very simple but impactful messages.”

Paul Gardner, VP, Human Resources, Suncor Energy

“Your enthusiasm and humor was a hit and we hope to have you as a speaker again!”

Cheryl Eckert, Credit Union Central B.C.

“You left us all on a high and renewed sense of energy and vigor as we face our challenges ahead.”

Serge De lure, British Columbia Lottery Corporation

