

## Hugh Culver Keynote Presentation

### Small Wins - why little steps are the path to big rewards

The secret to getting more of what you want in life is small wins. Small wins are the deceptively minor decisions we make that lead to the surprisingly big achievements we enjoy at work and in life.

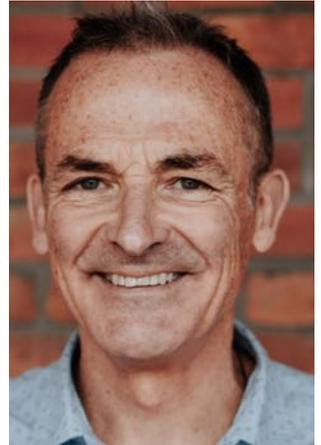
The Small Wins keynote is the perfect message for anyone with more ambition than results and more To-Do's than time. Based on thousands of interviews in over 30 industries, the three-step Small Wins process unlocks new paths to success that can be reached faster and with less effort.

### High-energy delivery

Packed with inspirational stories and relevant examples, Hugh's high-energy keynote delivery is ideal for busy people who want more but don't know how to get started. Part motivational, part instructional, and always relevant, this content-rich keynote presentation is an exciting experience for any audience.

### You will discover

- How we tend to sabotage even our best intentions
- Why a starting is the most important habit to develop
- When to use the Aware, Ask, Act formula to get unstuck
- What you can do to create Small Wins every day



**“You elevated the energy in the room.”** - R. Fenster, Director, BC Lotteries

**Hugh Culver, MBA, CSP** co-created the world's most expensive tours (to the South Pole), presented to over 1,200 audiences, built and exited three businesses, and is the author of *Give Me a Break – the art of making time work for you*. His blog at [hughculver.com](http://hughculver.com) reaches 250,000 readers a year.

**“You taught us little things we can change for the better and you practiced that in your presentation.”** Roy Martin, VP, PepsiCo Foods Canada

**“The time you took to interview and talk with our people really made a big difference!”** Karen Bossin, Director, Shoppers Drug Mart

Contact Hugh at [hugh@hughculver.com](mailto:hugh@hughculver.com) to learn more about this presentation and other options for your event.

