

## It's All about the Small Stuff

—how to create excellence in every day

**W**e can easily blame the world for our unhappiness: our workload, our boss, our clients, or even our lack of sleep! Yet our blame distracts us from the real source of our success—**what we think about and what we do.**

***It's all about the Small Stuff***—Hugh's most popular keynote—is packed with practical advice, often-hilarious stories, and completely relevant lessons on how small stuff, done well, and done consistently will always lead to huge success.

Hugh will teach you how to shift from thinking like a victim to acting like the master of your results. You will learn the secret of reframing and switching your thinking (and results) in just one minute, and why you need to master the art of asking. This dynamic keynote experience is the perfect kick-start to your agenda, or thought-proving wrap-up experience. Either way, your delegates will be talking about it for months.



### Learning Points

- **YOU COME FIRST**—like an athlete, we need to prepare and take care of our own energy and whole-body health before we can “take care” of others. Learn how the best keep getting better with simple strategies for eating, exercise, relaxation, and ‘jump starting’ their day.
- **HERO HABITS**—habits drive as much as 80% of our behaviour, yet we rarely stop to create habits that serve us better. Learn how to rebuild existing habits into powerful ‘Hero Habits’ and enjoy better results every day.
- **MASTER ASKING**—discover how asking unlocks new opportunities and emotional connections, and creates win/win solutions. This simple lesson has profound potential for conflict resolution, client relations, sales, and personal success.

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.

**“You are a rare breed - a speaker that delivers what he promises and more!”** — Lorna Edmonstone,  
MOLLY MAID

**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.

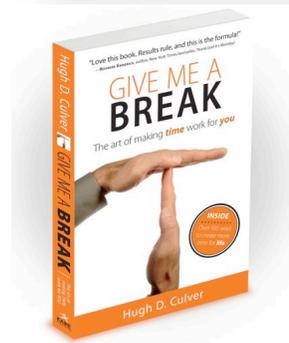
**Hugh Culver MBA, CSP** is the author of *Give Me a Break: the art of making time work for you*, master trainer, athlete, and a professional facilitator and speaker.

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](http://www.HughCulver.com)



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



A proud member of the Canadian Association of Professional Speakers



[www.HughCulver.com](http://www.HughCulver.com)