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www.speakerscanada.com

+1 (866) 420 3338

Kevin Rempel

2013 World Champion and 2014 Sochi Paralympic bronze medalist



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[Language Spoken](#)

English

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Toronto, Ontario

Speaker Biography:

Kevin Rempel is a 2013 World Champion and 2014 Sochi Paralympic bronze medalist in sledge hockey who has an incredible story of overcoming a tremendous amount of adversity.

Paralyzed after a motocross crash in 2006, Kevin had to face unsurmountable odds while learning to walk again at the age of 23. Adding to this, Kevin had to deal with his father, Gerry, who also was living in a wheelchair. While deer hunting, Gerry fell from a tree leaving him a complete paraplegic one year from retirement. Unfortunately Gerry couldn't deal with living with his circumstances and took his own life in July 2007.

That following year, "Remps" as he likes to be called by his friends, found sledge hockey and set his sights on making Team Canada and playing in the Paralympics. Since then he has travelled the world, inspired thousands of people, and has been featured around the world on TSN, BBC Sport, CBC and CTV. Today, Kevin is focused on helping grow the sport of sledge hockey through his newest venture, the Sledge Hockey Experience.

Topic Presentations

THE HERO MINDSET

Strong organizations thrive by having a group of individuals who do not place the blame on other people, their surroundings, or external circumstances.

These organizations thrive because individuals recognize the role they play in the company's success, and by how accepting responsibility for their decisions, they begin to make subtle, yet significant changes to help drive results and embrace change.

These changes begin by having the right mindset - The Hero Mindset.

The Hero Mindset is about recognizing Hero Moments, Hero Decisions, and Hero Actions. Everyday there are moments where we can choose to accept responsibility to make a new decision. By taking things one step at a time, we begin to make real change happen by taking action to achieve the results we desire.

That is how you become the hero of your own movie.

WHAT YOU WILL LEARN

How to leverage adversity as a driving force in your future success

How to unlock the mindset to drive results and embrace change

A three step formula to achieve daily, lasting results

Practical tools and solutions to stay mentally well during the most difficult of times

The number one personality trait of all high performers

IDEAL FOR

Organizations going through expansion, downsizing, or restructuring looking to support employees through a transition

Industries facing tighter regulations and increased competition who seek to achieve new sales targets

People Managers and Human Resource Managers who lead high performing teams where mental health is paramount

Workplace Safety Leaders in high risk industries looking to reduce on accidents on the job site and help encourage employees to slow down and speak up

Organizations looking to gain a new perspective on people with disabilities and uncover unconscious bias to embrace diversity in the workplace

Testimonials

Our attendees walked away with a powerful story they can reflect on, and understand that perseverance in the face adversity is something anyone is capable of.

– ***Sandi Buscarini - Program/Team Lead at Workplace Safety & Prevention Services***

I cannot recommend Kevin and his services as a speaker, storyteller, and event organizer enough. First class operation from a first class individual the whole way.

– ***Scott Jones - Sport and Recreation Programming, Event Planning and Operations, Invictus Games Toronto 2017***

He left everyone inspired, engaged, and super motivated to pursue both personal and professional goals. His personal story is absolutely incredible.

– ***Joanne Malinowska - Contact Centre Operations Manager, Bell***

Kevin is a total professional, he is extremely well prepared. He was able to personalize his presentation and engage the other speakers in a personal way.

– ***Verity Dimock - Director, Corporate Development, Futurepreneur Canada***

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