

A man with a beard and mustache, wearing a light grey blazer over a white shirt and blue jeans, stands in front of a blurred office background. He is smiling and has his hands in his pockets.

Kevin Rempel

SPEAKER KIT

Keynotes and workshops to help leaders and teams improve decision making, strengthen culture, and lead through change.



Book Kevin: 416-895-5957 | kevin@kevinrempel.com



Kevin specializes in helping organizations **Make Better Decisions.**

From paralysis to the Paralympic podium, Kevin's story awakens audiences to **the internal voice** that shapes how we respond to change, pressure, and uncertainty.

Through lived experience, humour, and practical teaching, Kevin helps leaders and teams recognize when EGO is influencing their choices, clouding their judgment, or keeping them stuck.

His **EGO Framework, (Check your Excuses, Gut, and Options)**, gives people a simple way to pause, challenge their thinking, and respond with greater clarity, ownership, and intention.

Kevin's story does more than inspire people. It gives them a practical framework to **make better decisions when it matters most.**



≡ INSIDE THE SPEAKER KIT ≡

Explore Kevin's keynote and workshop options.

Three keynotes and three workshops designed to help leaders and teams make better decisions, strengthen culture, and lead through change.

KEYNOTES



The Safety Shift

Leading Without EGO



The Hero Mindset

How to Make Clear, Confident Decisions in Times of Change



Leading With Empathy

Hidden Disabilities Are All Around Us

WORKSHOPS



Trusting Your Gut

It's An Inside Job



Improve Decision Making

By Checking Your EGO



Elevating Your Impact

Becoming an Inclusive Leader



Make better decisions when it matters most.

From the stage to the breakout room, Kevin equips leaders and teams with the mindsets and tools they can use right away.



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The Safety Shift

Leading Without Ego

Leaders in safety make decisions every day that influence trust, accountability, and ultimately lives. The question is not whether safety matters. It is what internal voice is shaping the decisions that carry it forward.

In The Safety Shift, Kevin equips safety leaders with a practical framework to better understand the inner voice that drives our decisions, and how to lead from clarity instead of fear.

Using the “Check Your EGO” framework (Check your Excuses, Gut, and Options), leaders learn to recognize when fear disguises itself as logic, when past experience overrides present reality, and how to pause long enough to choose a response that strengthens culture instead of weakening it.

AUDIENCE TAKEAWAYS

- ✓ Understand how ego quietly influences decisions
- ✓ Differentiate between instinctive reactions and intentional choices
- ✓ Identify limiting patterns that restrict growth for leaders and teams
- ✓ Process risk, change, and uncertainty with more clarity
- ✓ Apply the EGO framework to make clearer, grounded decisions



“Kevin, your story deeply resonated with our group. From “low risk is high risk” to “trust your gut,” your message on safety and mental health left a lasting impression. You truly made a difference!”

Cassandra Adler-Bock
Manager OHS - Safety Assurance, FortisBC



“Kevin hit the entire team like a freight train at a personal level. Hearing him speak about mental illness highlighted how as a society, we tend to shelve these discussions due to fear and feelings of unworthiness. I highly recommend Kevin to be a part of your next event!”

Chad Lundberg
VP, Viking Business Unit, Baytex Energy Corp



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The Hero Mindset

How to Make Clear, Confident Decisions in Times of Change

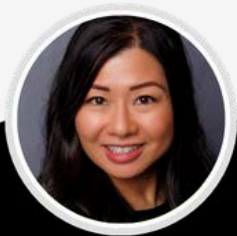
Change doesn't break organizations. How people respond to it does. AI adoption, economic instability, and financial pressures are just a few ways leaders and teams are being asked to adapt faster than ever creating hesitation, second guessing, and burnout.

The challenge is not a lack of motivation. It is unclear thinking driven by the internal voice we rarely question. The Hero Mindset introduces a new way to navigate change by focusing on mastering your inner voice. Rather than pushing harder or simply staying positive, this approach equips individuals to recognize when ego is influencing their decisions and how to respond with clarity and intention.

Kevin's EGO Framework (Check your Excuses, Gut, and Options) teaches leaders and teams how to make better decisions in real time. Cut through noise, align your people, and make better decisions when it matters most. The result is greater clarity, stronger ownership, and teams that respond to change from intention, not fear.

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"Kevin was our highest rated keynote speaker at our HR Conference & Expo. Mid to senior level HR professionals loved Kevin's inspirational story. I wholeheartedly recommend any association to work with Kevin as a speaker!"

Jessica Ng
Conference & Events Manager, CPHR BC & Yukon



"Your keynote discussion at our Sales Leadership Meeting was truly inspiring. I heard for days and months after the conference how much your story impacted the Sales Managers in our group. I can't thank you enough!"

Rebecca Dissanayake
Manager, Mobile Mortgage Specialist, TD Bank



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Leading With Empathy

Hidden Disabilities Are All Around Us

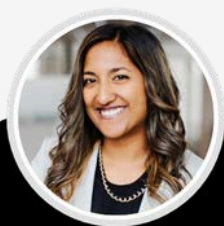
When we think about disability, we often focus on what we can see. Yet many of the most significant challenges people face are not visible. Non visible disabilities, cognitive differences, and unseen life experiences shape how people think, communicate, and show up at work.

At the same time, our own hidden experiences shape how we interpret others. In uncertainty, we fill gaps with assumptions, often leading to misinterpretation, bias, and unintentional exclusion.

Through his lived experience with an invisible disability, Kevin Rempel challenges audiences to rethink how assumptions influence behavior and how easily people can be misunderstood or overlooked. Kevin's EGO Framework (Check your Excuses, Gut, and Options) provides a practical way to recognize when thinking is being shaped by bias or incomplete understanding and how to choose a more thoughtful and empathetic response.

AUDIENCE TAKEAWAYS

- ✓ Increase self awareness of the assumptions that shape how we see others
- ✓ Recognize how non-visible disabilities and hidden experiences influence behavior and perception
- ✓ Use the EGO Framework to interrupt bias and respond with empathy and intention
- ✓ Reduce misinterpretation and judgment in everyday interactions
- ✓ Strengthen trust by responding with curiosity instead of judgment



Every call since our session started with "WOW THAT WAS AMAZING!!". From delivery style, content; to the way you wove in things applicable to individuals and loved ones - just, wow. This exceeded a lot of expectations, and expectations were already very high!

Angie Singh
Inclusion & Employee Experience Manager
Definity Financial Corporation



Kevin's message was very powerful! It really got us thinking what might be under the surface when dealing with people, and become more empathetic. For a large organization, it makes absolute sense to bring Kevin in.

Reed Mascola
National Manager, Government & Regulatory Affairs
Mercedes Benz, Canada



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Trusting Your Gut

It's An Inside Job

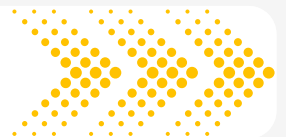
How often are you working and hear your inner voice speak to you saying something along the lines of "Don't do it...", "Wait a minute...", or "Are you sure?" When you hear your inner voice speak to you like this, do you listen to it? Safety is about being proactive, not reactive, and recognizing when our inner voice is speaking to us.

Our intuition helps guide us to pause, take a step back and make sure that safety is at the forefront of our decision making to ensure that we not only look out for ourselves, but for those who we work with and those who could be affected if an accident were to happen.

In this workshop, Kevin teaches you how to recognize when your gut is speaking to you, how to listen to it, and what to do next to avoid poor decisions and accidents from happening.



**Your inner voice is always looking out for you.
Listen to it. Trust it. Let it keep you and your team safe.**



Target Audience

This program is ideal for supervisors, managers, and organizational leaders across industries who are tasked with ensuring the safety, well-being, and productivity of their teams.

Attendees will gain insights and strategies that not only safeguard their teams but also contribute to the long-term success and safety culture of their businesses.



Learning Objectives

- ✓ Separate instinctive reactions from intentional choices
- ✓ Create a common shared language for teams to build and strengthen safety culture
- ✓ Understand how people respond to risk, change, and uncertainty
- ✓ Apply the EGO framework to make clear, grounded decisions



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Improve Decision Making

By Checking Your EGO

This interactive session helps leaders and teams apply the EGO Framework (Check your Excuses, Gut, and Options) in real time. While the keynote introduces the concept of mastering the internal voice that drives decision making, this workshop focuses on what to do in the moments that matter most.

Participants will work through practical and real world scenarios, so when pressure rises, timelines shrink, or uncertainty increases, they will know how to reset their thinking and respond with clarity and intention.

This session creates a shared language across teams, allowing leaders and employees to challenge, support, and coach one another in real time. Participants leave with a practical tool they can immediately apply to improve decision making, reduce second guessing, and navigate change with confidence.



When pressure rises, a shared language helps teams pause, reset, and respond with clarity.



Target Audience

This workshop is designed for organizations and teams navigating change, uncertainty, and evolving workplace dynamics. Participants will learn practical tools to improve communication, strengthen alignment, and adapt to a new direction.

Ideal for leaders looking to create buy in, increase accountability, and help teams move forward with clarity, ownership, and confidence.



Learning Objectives

- ✓ Apply the EGO Framework to make clearer, more intentional decisions in real time
- ✓ Recognize when ego is driving hesitation, avoidance, or reactive thinking
- ✓ Strengthen judgment by separating instinct from emotional reaction
- ✓ Improve team alignment through shared language and collaborative decision making



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Elevating Your Impact

Becoming an Inclusive Leader

While the keynote, Leading With Empathy, builds awareness around hidden challenges and unseen assumptions, this session will show participants how to take action in the moment when disability, neurodiversity, and inclusion show up in everyday workplace interactions.

Participants will work through practical workplace scenarios where misinterpretation, judgment, or bias can influence behavior. They will learn how bias often emerges from incomplete understanding, and how quickly those assumptions can impact decisions, communication, and inclusion.

This session will show participants how to implement the EGO Framework (Check your Excuses, Gut, and Options) to learn how to pause, withhold judgement, and respond more intentionally in real-time.



Inclusive leadership begins when people pause, challenge assumptions, and respond with empathy and intention.



Target Audience

This program is ideal for leaders and organizations who are looking to continue the advancement of their DE&I initiatives by sharing practical, real, and vulnerable stories and examples that bridge connection and bring empathy and understanding to all employees in a safe and shared space.



Learning Objectives

- ✓ Apply the EGO Framework to interrupt bias and respond with empathy and intention
- ✓ Reduce misinterpretation and reactive judgment in team communication
- ✓ Contribute to a more inclusive culture through consistent, intentional actions
- ✓ Build awareness of unseen challenges that shape behavior and perception



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You think its your own voice,
but what if it isn't?

THE QUESTION TO ASK IS...

What voice is shaping
your decisions?



Leaders know that **risk doesn't discriminate.**
Better decisions start when you **Check your EGO.**

WATCH KEVIN IN ACTION

Watch keynote reels and signature talks on safety, leadership, and decision making.



Workplace Safety Keynote Reel

A high energy look at Kevin's workplace safety keynote and practical message on better decisions.



Change Management Keynote Reel

Kevin's signature keynote on resilience, ownership, and how leaders respond under pressure.



Full Keynote Recording

Watch Kevin deliver a full keynote, The Safety Shift, at the Alberta Construction Safety Association's annual conference.



Make better decisions when it matters most.



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BOOK KEVIN



READY TO HELP YOUR PEOPLE MAKE BETTER DECISIONS?



Kevin Rempel

Keynote Speaker | Workshop Facilitator



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