

FACING THE PAIN
FROM THE LEAD

WHAT IS THE PAIN OF
CONSTANT CHANGE
COSTING US?

THE REAL SUCCESS
NAVIGATOR 

THE REAL SUCCESS FRAMEWORK FOR NAVIGATING CHANGE



WE HAVE A PAIN PROBLEM.

And businesses are paying for it.

A recent CSA report estimates that mental-health-related challenges **cost Canadian employers over \$100 billion annually**, while Columbia Business School estimates **a \$280 toll on the U.S. economy**, an impact comparable to a recession.

The result? Disengagement, increased absences, conflict and ineffective execution, especially during change & uncertainty.

THE SOLUTION:

Discover how to **recognize and release the patterns of PAIN** (Projecting Anxieties, Insecurities & Narratives).

Learn a functional framework for applied self-leadership in the face of change and adversity. Anytime, anywhere.

THE OUTCOME:

Reduce the hidden costs of constant change. Reclaim lost time, energy and effective execution, aligning operational excellence with individual well-being.

Sources: Canadian Standards Association, The Economic Cost of Mental Health in Canada (2025); Columbia Business School, The Economic Cost of Mental Illness (2024).

LEAD WITH DIGNITY * CREATE WITH COURAGE

THE REAL SUCCESS NAVIGATOR

What is the PAIN of constant change costing us?

Kevin Bulmer (KB) is a professional speaker, coach, corporate trainer and creator of REAL Success Navigator, a proprietary framework for helping leaders and teams recognize and reduce the hidden costs of constant change and adversity.

The author of "Script Change: A Look at Unlearning and Rewriting Life," KB helps audiences to REALign and recommit to what matters most, freeing them to fully embrace what REAL Success means to them.

As the leader of the Little Engines Small Business Support Community and founder of NSM Brand Media Inc., he stays closely connected to the everyday realities of applied self-leadership, personal and professional growth.

At the heart of it all is the unshakable standard that drives everything:

Lead with Dignity. Create with Courage.

LEAD WITH DIGNITY * CREATE WITH COURAGE



WHAT PEOPLE ARE SAYING

"In our decade of producing some of Canada's largest and most enthusiastic business development conferences, **Kevin is easily our most well-reviewed** seminar series. He's a world-class speaker that consistently delivers entertaining, captivating, and valuable keynotes."

-John Reiser, Better Events Management

"**It blew me out of the water.**
It was really, really impressive."

-Stephanie McGill,
Brain Injury Association London & Region

"The message he delivered was
kind of magic."

-Cristina Sufrim, MPI

"After each talk,
he **was surrounded by**
people wanting more."

-Sheryl Darlington,
The Compass Mississauga

"**Meaningful,** inspiring
and relatable."

-Carey Brooks, CIBC

"Engaging, **personable and**
humorous!"

-Bev Farrell,
Age-Friendly London Conference

"We immediately received
amazing reviews from
our attendees."

-Kailyn Coupland,
Business & Entrepreneurship Conference

"Simply put, Kevin is
as good as they come."

-Jerry Hall,
Growth Day London Conference

"Not only did Kevin wow the crowd, **he kept them engaged, laughing and motivated** through the whole event."

-Laura Armstrong,
Achieve Canada Conference

"One of the most engaging and entertaining speakers I've ever experienced, while also delivering an incredible message."

-Kim Louise Morrison

"His talks are **powerful**
and entertaining;
a rare combination."

-Karen Leslie, Stress Recovery Solutions

"The **audience was**
absolutely captivated."

-Vicki Denunzio,
Performance Life Coach

LEAD WITH DIGNITY * CREATE WITH COURAGE

SIGNATURE TALKS



RISE LIKE A PHOENIX, RACE LIKE A TURTLE

How to reframe change, turn adversity into an advantage and remain steady in any storm.



FACING THE PAIN PROBLEM

How to recognize & release what's holding you back to reclaim lost time, energy & execution.



RUN YOUR OWN RACE

How to realign & recommit to what matters most, lead with dignity & create with courage.

LEAD WITH DIGNITY * CREATE WITH COURAGE



REAL SUCCESS CERTIFICATION TRAINING



NAVIGATING CHANGE: FACING THE PAIN PROBLEM

How to recognize & reduce the hidden costs of constant change to reclaim lost time, energy & effective execution

WHO IT'S FOR

Leaders, teams and organizations who want to get better at navigating constant change, adversity, uncertainty, and the competing demands of work and home life.

WHY IT MATTERS

A proactive investment in mental health, emotional intelligence, and individual well-being that supports operational excellence. Increase understanding, improve communication, and strengthen resilience and resourcefulness, at work and at home.

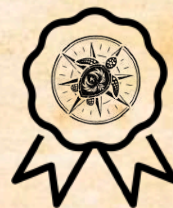
DELIVERY OPTIONS

Typically delivered as an interactive, in-person half- to full-day training session.

Alternative workshop, breakout and virtual formats available upon request.

UPON COMPLETION

Participants receive certification in the REAL Success Framework for Navigating Change.



Learn to spot the patterns of PAIN.



Let go of what's holding you back.



Apply self-leadership in the face of change.

LEAD WITH DIGNITY * CREATE WITH COURAGE

GETTING IN TOUCH

To explore bringing KB to your event or team as a speaker, host, breakout session facilitator and/or to partner on a Little Engines LIVE pop-up event or schedule a private REAL Success Certification Training ...



KEVIN BULMER

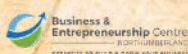
☎ (519) 280-8301

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Some others we've served:



LEAD WITH DIGNITY * CREATE WITH COURAGE

THE UNSHAKABLE STANDARD



LEAD WITH DIGNITY

To lead with dignity is to resist the convenience of excuses, narratives, and norms.

It means refusing to lie to yourself.

It requires consistently choosing to trust your inner alignment and honour shared humanity, even when the path is unclear and the evolution is messy.

CREATE WITH COURAGE

To create with courage is to transcend the trap of conditioning, comparing, and competing.

It requires the conviction to embrace ambiguity and the audacity to honour inspired ideas by fully trusting in their timing and eventual outcomes.

It is unique yet authentic expression - a contribution that arises from, and ultimately best serves, the whole.

