NAVIGATING CHANGE

TURNING THE PAIN PROBLEM INTO PEAK PERFORMANCE



KEVIN BULMER (KB)

Speaker • Coach • Corporate Trainer

THE REAL SUCCESS NAVIGATOR

NAVIGATING CONSTANT CHANGE, ADVERSITY & UNCERTAINTY

WE HAVE A PAIN PROBLEM.

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, adversity & uncertainty. 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 (2026); Columbia Business School, The Economic Cost of Mental Illness (2024).

LEAD WITH DIGNITY ⎈ CREATE WITH COURAGE

The REAL Success Navigator

Turning the PAIN Problem into Peak Performance

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, adversity and uncertainty.

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 humourous!"
-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 Conferecne

"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

TURNING THE PAIN PROBLEM INTO PEAK PERFORMANCE

How to recognize & release what's actually in the way

What if the biggest obstacle to being at our best, especially in times of change and uncertainty, is often not what we're lacking but what we're carrying?

This illuminating and empowering presentation explores the hidden patterns that create unnecessary resistance and drag both at work and at home.

RISE LIKE A PHOENIX, RACE LIKE A TURTLE

How to reframe change and turn adversity into an advantage

What if winning and losing don't always mean what we expect them to?

Through his deeply moving and powerful personal story, Kevin reveals how the meaning we assign to navigating adversity and uncertainty can change everything.

LEAD WITH DIGNITY ⚙ CREATE WITH COURAGE

REAL SUCCESS
CERTIFICATION TRAINING

NAVIGATING CHANGE, ADVERSITY & UNCERTAINTY

How to recognize & reduce the hidden costs of constant change and turn the PAIN Problem into peak performance.

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.

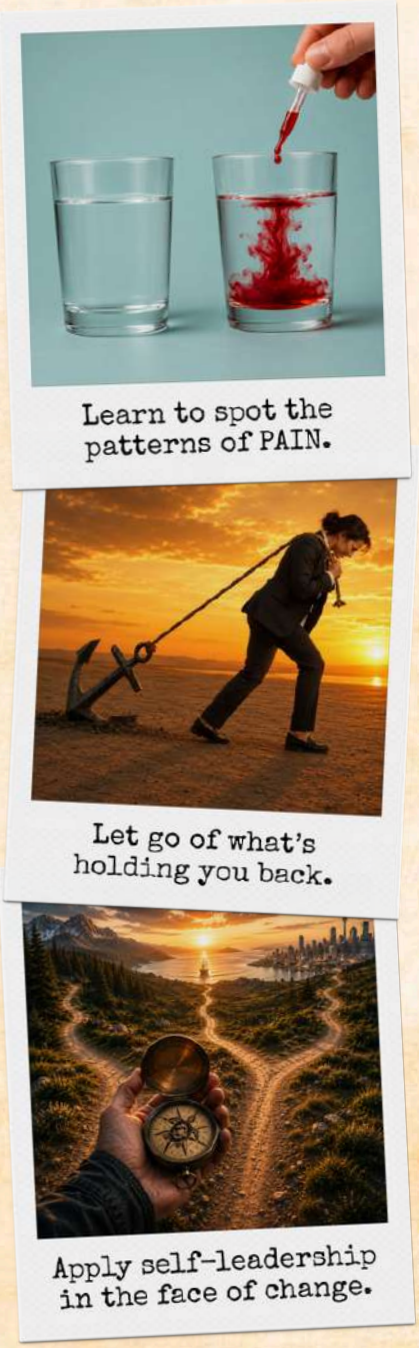
DELIVERY OPTIONS

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.



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Getting In Touch

Interested in bringing KB to your team or event, exploring a Little Engines LIVE pop-up, or scheduling a private REAL Success Certification Training? Let's connect!



KEVIN BULMER

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Some others we've served:

CIBC · RE/MAX · MPI Toronto Chapter · Business & Entrepreneurship Conference · Achieve Systems Canada · bizcon Business Expo & Conference · CPC healthcare communications · Ontario Association of Food Banks · Professional Development Front Care Conference · Age Friendly London · Banque d'aliments Sudbury Food Bank · Brain Injury Association of London and Region · will employment solutions · The Compass · March of Dimes Canada · Small Business Centre · Perth District Health Unit · Growth Day London · Business & Entrepreneurship Centre · Awesome-preneurs

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.