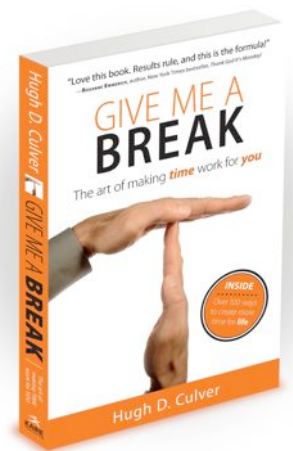


## Give Me a Break—the art of making time work for you

We are working in a time of distraction—endless emails, back-to-back meetings, interruptions, and growing work demands are taking their toll. People are constantly rushing, multi-tasking, bringing work home, and struggling to find time for themselves and their family.

Based on Hugh Culver’s new book, *Give Me a Break*, this exciting keynote is an essential message for anyone who has a To-Do list that never seems to end and is tired of always being busy. With his unique, high-energy approach, and proven insights, Hugh will show your audience how they can move away from always running late, and move instead towards more productivity, better health, improved relationships, and—yes—even greater happiness.



### Learning Points

- **PLAN LIKE A PILOT**—interruptions are inevitable, but poor planning shouldn’t be. Like a pilot, we have to invest in planning time—to review, reflect, and refocus on our destination.
- **CLEAN YOUR WINDOW**—learn how changing your results actually starts by changing your story. Hugh will share the four steps to creating your new, better story that will help you excel in all areas of your life.
- **GO WITH THE FLOW**—discover the little-known secret to maximizing your sales and work results by working *with* your energy flow. This strategy also includes exorcising your email, putting meetings on a diet, and clearing the clutter.

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.

**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 adding one of these topics (90-minute to half-day formats) to your agenda—

**Facing the Tiger**—turning conflict into strength

**Reclaiming the Clock**—getting more of the right stuff done

**The Leadership Toolbox**—creating engaged leaders from followers

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

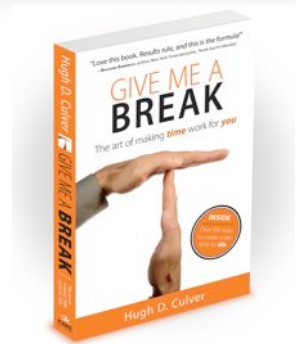
**Hugh Culver**, author of *Give Me a Break: the art of making time work for you*, is a professional speaker and facilitator, a master trainer, and athlete.

Hugh’s adventure exploits have taken him from the Arctic to the Antarctic, and from mountain peaks to whitewater rapids. His business enterprises have included creating the world’s most expensive adventure tours, operating a private airline in Southern Chile, pioneering eco-whale watching, teaching as an adjunct university professor, and being CEO of a corporate consulting firm.

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.

Culver’s presentations on working smarter and living better are sought after by leading organizations, including: Imperial Oil, Shoppers Drug Mart, Royal Bank of Canada, Investors Group, Western Union, Suncor, Telus, United Way, Alberta Health Services, City of Calgary, the University of BC, and the Red Cross.

Hugh D. Culver, MBA, is privileged to be one of only 40 Certified Professional Speakers in Canada, and one of only 80 Canadian Certified Facilitation Professionals. 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)

***“Energizing, empowering and readily applicable.”***

Elizabeth Heinz, Insurance Corporation of B.C.

***“Your enthusiasm and humour 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

