

CREDENTIALS

**KEVIN
HUMPHREYS
DSC**

Inspiring you and your team to engage in Noble Self-Leadership



Kevin Humphreys DSC shares powerful messages about leadership, mental illness and resilience whilst inspiring men and women to engage in NOBLE Self-Leadership.

Kevin Humphreys is an inspiring, relatable and transformative keynote speaker, facilitator, author and helicopter pilot. He's well-known for smashing stereotypes and transforming self-leadership.

Dux of his pilot's course at just 21, Kevin went on to serve in the Army for 20 years flying Black Hawk and Chinook helicopters. He deployed on numerous overseas operations and, towards the peak of his career contemplated suicide and suffered a breakdown due to a cocktail of PTSD, anxiety, depression, alcohol abuse and a toxic culture; it wasn't a war zone that tore him apart.

Kevin not only got back on his feet but also back in the air again, spending the next 10 years as a Search and Rescue helicopter pilot, flight instructor, flight examiner, Chief Pilot and Director of Operations. Today his mission is to inspire businesses and the people within them to engage in NOBLE Self-Leadership.

He was recognised as the role model for a Military Order of William recipient in the Netherlands (their highest award for valor and only the third since WWII). An exceptional leader, Kevin's operational approach encouraged the Dutch Air Force to change their tactical response after witnessing his operational excellence.

Kevin is the Mental Health Ambassador for AIRBUS Australia Pacific, a contributor to international media, member of the Veteran Advisory Group for the Australian War Memorial redevelopment and graduate of the Australian Institute of Company Directors.

He has been awarded the Distinguished Service Cross for his command and courageous leadership under fire in Afghanistan and recognized as a 2023 community Citizen of the Year for his dedication and impact as a speaker, mental health advocate and founder of COR INFINITUS which gives dignity and respect to the families of those who've served their nation and were overwhelmed by their battle within.

I know the war is raging
But it's not the war you're thinking of
It's the one within your head
The one you feel you have little control over

I know; I've been there too....

Being on high alert for no reason
Snapping at your team
Being short with those you love
Feeling like you just don't want to be

Well.... anywhere

The sleepless nights
The restless mornings
Not being the leader you want to be during the day
Or the family member you want to be at night

And you're not sure of the next step to take
Well, I stand before you today

On the other side
It's a daily practice
And a worthwhile one

It starts with nobility of self
And with every honorable battle
It's always the first step that counts
And it all starts with you

I'm Kevin Humphreys, and I'm here to inspire you to engage in NOBLE Self-Leadership





KEY MESSAGES

Kevin deeply connects with people. His captivating story is heart-felt and resonates with many regardless of age, gender or industry. After one of Kevin's presentations people experience a tangible difference with how they think and deal with both leadership and mental illness, at home and in the workplace.

The strength in Kevin's presentation is realising that his story is the same as thousands of others. And while collectively, we're addressing the stigma around mental illness it still requires individual courage and compassion to speak-up and convert these conversations to the new 'normal'.

Kevin inspires men and women of all ages to engage in NOBLE Self-Leadership where they learn to lead themselves first and then others.



KEVIN'S KEY MESSAGES ARE:

Mental illness is normal, manageable and recoverable for most people.

Even if you don't know what words to use, just start talking. Even if you don't know how to respond, just keep listening.

You must lead yourself first before you lead others.

Leading yourself first, then others.

UNIVERSITY OF
AEROSPACE

KEYNOTE PRESENTATIONS

1. NOBLE Self-Leadership

Experience the highs and lows of Kevin's life as though you were there with him, then share the lessons of his journey. Kevin relays his experience of moving from fear to fearless and how his courageous journey to freedom is one we can take together. It's recognising yourself as a worthy and noble goal, then taking actions to achieve it, despite the presence of fear.

Kevin discusses how it wasn't the warzone that tore him apart – it was the workplace. Research shows how a toxic workplace is just as debilitating as exposure to trauma, whilst being in a positive workplace is like receiving a mental health inoculation. Which will you contribute to and how will you know?

Walk away transformed, with tips and tools for immediate implementation. You'll be ready to take action in your own life and to inspire the lives of others.



KEY TAKEAWAYS FOR PARTICIPANTS:

- Perfect for all leaders in high-risk, high-reliability industries
- Realize the true impact of perceived failure and shame from past experiences.
- Learn the impact of poor workplace culture and the benefits of good culture.
- Learn how to engage in self-compassion that's easier than playing with Lego.
- Confirm your greatest and Noble cause (spoiler alert – it's you).

2. Discipline - it's P.U.R.E. desire

Discipline. There's plenty of it in the Army where Kevin spent two decades, but what he talks about here is the self-discipline required to succeed in navigating the highs and lows of life. Drawing upon his own professional and personal hard-fought experiences, Kevin explores the topic of discipline in plain language.

Understand why it may not be your fault but it will always be your responsibility. Whether you're an apprentice, pensioner or prize fighter this presentation applies equally to all. Kevin not only motivates listeners for action, he also provides a practical framework to apply immediately.



KEY TAKEAWAYS FOR PARTICIPANTS:

- Perfect for junior leaders in high-risk, high-reliability industries
- Understand the structure of the brain and why sometimes it seems to trick you.
- Practical framework to apply immediately and get you moving.
- Realize the power of visualization to turbocharge your performance.
- Discipline is delayed gratification your future self will thank you for.

3. Keeping Wings Level and Getting Stuff Done

In flying, if there's a mishap of some kind, you're trained to immediately regain wings level flight. 'Wings Level' represents the foundation of normal, controlled flight.

Fly with Kevin as he gives you a brief glimpse into his world when his wings weren't level and learn what to implement personally and organizationally to build resilience – so you can keep wings level and get stuff done!

Explore the power of perspective and the debilitating effects of fatigue and burnout along with what to do about them. He delves into the illusion of what we think we can control in our lives and how much better our lives become when we seek to control only four things – get this right and your whole life will transform overnight.

As always, you'll not only walk away with tips and tools for immediate implementation but the desire to make it happen for you and for others.



KEY TAKEAWAYS FOR PARTICIPANTS:

- Perfect for everyone from the most senior executive to the junior trainee in high-risk, high-reliability industries.
- Tools to help you identify when your wings aren't level.
- Practical tips to regain and maintain wings level.
- Learn the only four things you can control and why when you master them, you'll have a better life than ever before.
- Take a step back to see the bigger picture and realize we rarely see things for what they truly are.

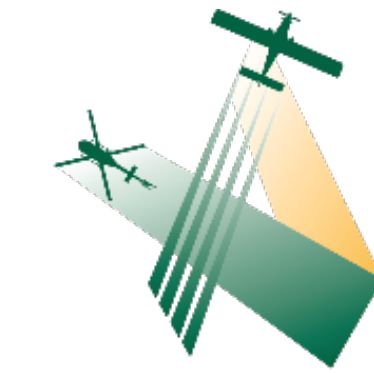
ROLE MODEL RECOGNITION



Perhaps the highest praise that Kevin has received came when he visited The Hague to attend the investiture ceremony of a Dutch colleague who was being awarded the Military Order of William, their highest honor and only the third to be awarded since WWII.

When introducing Kevin to the King and Queen of The Netherlands, the recipient stated that Kevin was his role model for his actions that led to the award.

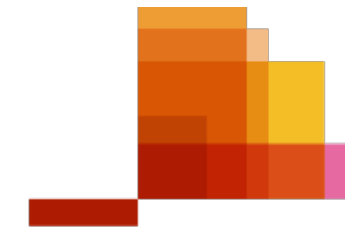
SOME BRANDS KEVIN HAS WORKED WITH



AERIAL APPLICATION ASSOCIATION OF AUSTRALIA LTD.



NORTHERN RESCUE



AIRBUS



NSW Ambulance

apa

pwc



Commonwealth Superannuation Corporation



QUT

AstraZeneca



medibank

TESTIMONIALS

"Kevin shared his very real journey which is honest, compelling, emotional and very personal. I can tell you, the Squadron was captivated, you could hear a pin drop in the auditorium. I've been with these guys for five years now, I've never seen them this riveted.

Kevin's presentation changed many people for the better. Thank you for sharing your story. Thank you for making a difference. Thank you for being an amazing ambassador. Please keep doing what you are doing, it is so important."

BRIAN CARLSON
SIMULATOR FLYING INSTRUCTOR KC-30A, 33 SQN RAAF

"Kevin, thank you. You smashed the stereotype of an individual with a mental illness. Having the courage to speak so openly as our keynote speaker and sharing your first-hand experience was compelling, candid and provocative. Everyone left not just informed, but transformed."

ADAM BERNHARDT
SAFETY MANAGER, AIRBUS AUSTRALIA PACIFIC

"Kevin really made an impact – it was real!

We couldn't have found anyone better to get the message of suicide awareness and mental health across.

I would recommend Kev Humphreys to share his story; he really understands the pressures of an operational business and our industry."

SUZANNE SHIPP
GENERAL MANAGER – OPERATIONS AND MAINTENANCE
APA ENERGY

"Everyone who attended have given nothing but positive feedback and many had their own take home gems making it a fantastic success. Thanks again and we look forward to partnering with you again in the future."

KHARMA STEWART
HR MANAGER, CURRUMBIN RSL

"I've never seen a room of 160+ construction workers so silent – you could've heard a pin drop."

SITE SUPERVISOR,
HUTCHINSON BUILDERS

"...Kevin shared with us the highs and lows of his amazing career and life and left us all in awe. He helped us all find courage and compassion for ourselves and each other."

KYLIE IZZILLO
PEOPLE & CULTURE MANAGER -
FRASERS PROPERTY AUSTRALIA

"Highly recommended! Listening to his story, what struck me most was the personal courage he demonstrated time and again.

Kevin's messages are positive and he is living proof that despite PTSD, you can get back to the top of your game."

DAVID WILTON
SENIOR MANAGER DEFENCE LIAISON COMMONWEALTH SUPERANNUATION
CORPORATION

WHAT DO THE STAFF SAY?

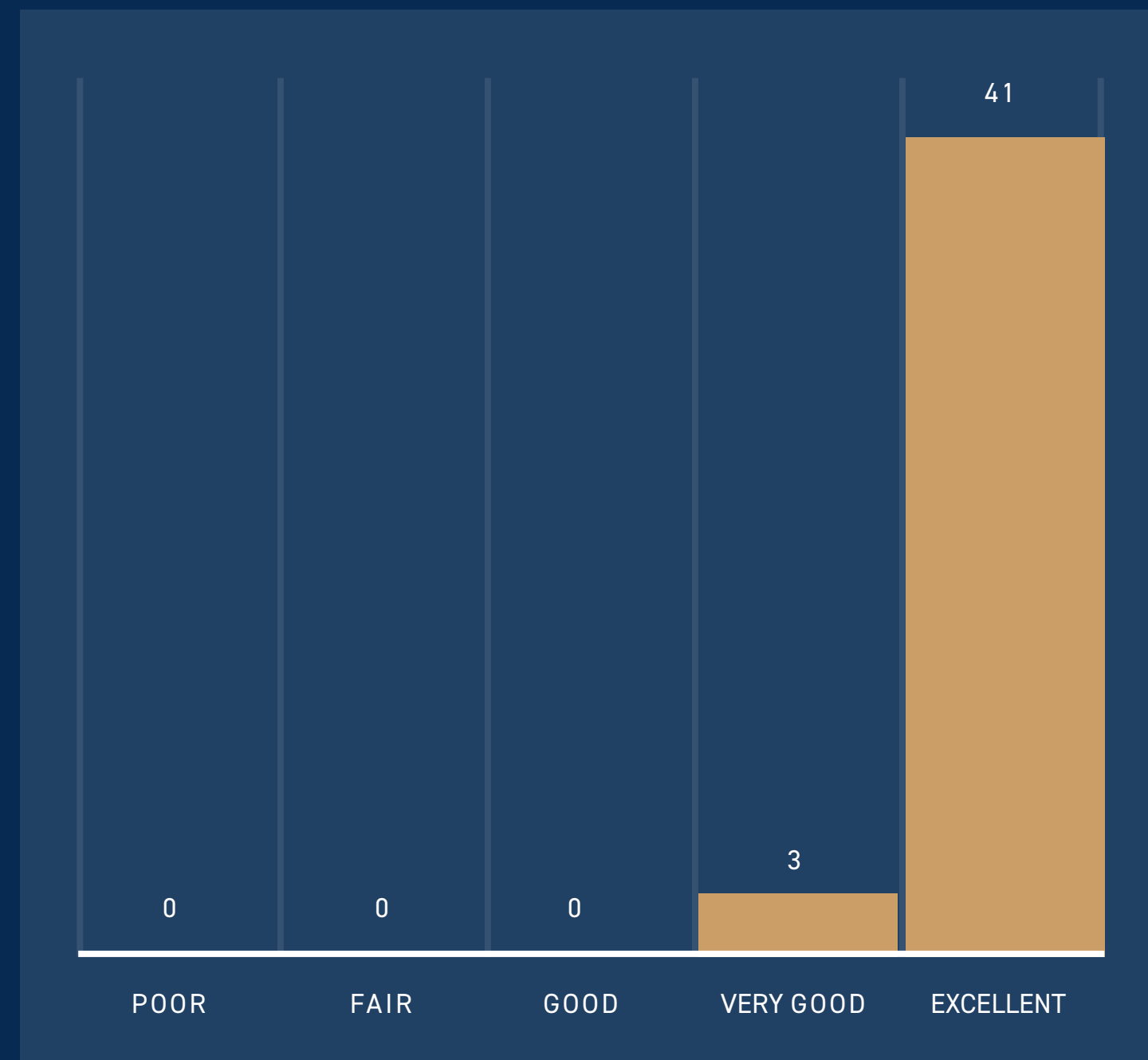
HIGHEST RATING LEADERSHIP AND MENTAL HEALTH PRESENTATION TIME AND TIME AGAIN

"Best presentation of the weekend!"

"Needs to be presented (to our personnel) regularly"

"This session was brilliant, relevant, timely. Thank you"

"Amazing. Words cannot describe Kevin's talk."



LEADERSHIP CONFERENCE
QLD SES

MENTAL HEALTH LEADERSHIP KEVIN HUMPHREYS,
AVIATION EXCELLENCE GROUP

"Very powerful message, stays with you. Should be rolled out further to all the company."

"Somewhat confronting but thought provoking – exceptional"

"Absolutely great, provided first-hand experience, which I was not exposed to before and how good leadership drives improvement."

"Good points on how to look after team. This needs to be disseminated across the company."

"A critical message delivered with honesty and humility. Thank you."

"Quite possibly the most compelling and deeply moving presentation / discussion I have been part of in a long time."

LEADERSHIP PROGRAM
AIRBUS AUSTRALIA PACIFIC

Thank you

For more information or to book dates, please contact:

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“You must lead yourself first
before leading others.

It's about nobility of self
and with every honourable battle
it's always the first step that counts
and it all starts with you.

I look forward to meeting you.”

KEVIN HUMPHREYS, DSC