



PHOTOS: COURTESY OF KEVIN REMPEL

MEMBER INFO

Who

Kevin Rempel

Hometown

Toronto

Occupation

Motivational speaker,
author, team-builder

Website

kevinrempel.com

Quote

"Many of the setbacks or obstacles we're facing are there to shape us for something new. If you feel you have every reason to give up, just keep going."



The power of perseverance

When Costco member Kevin Rempel crashed during a 2006 freestyle motocross stunt, doctors predicted he would likely never walk again. But Rempel, then 23, was walking within a year.

"I'm basically an all-around motivational example of how never to give up," says Rempel, who later joined Team Canada's sledge hockey team, winning a bronze medal at

the 2014 Paralympic games in Sochi, Russia.

In 2016, Rempel founded the Sledge Hockey Experience (playsledgehockey.com), a team-building program that challenges workplace biases about disability and inclusion. When COVID-19 wiped his calendar clean, Rempel launched The Resilience Toolbox, which is designed to set goals and reframe negative thoughts into positive ones.

"The goal is to get [Toolbox] users to accept responsibility, take things one step at a time and never give up," says Rempel.

—Wendy Helfenbaum

Clockwise

from top:

Kevin Rempel with his bronze medal in sledge hockey; Rempel leads a workshop; at one of Rempel's sledge hockey team-building programs.