

# Kevin Halliday

Is an unstoppable Canadian entrepreneur known for his relentless determination and innovative spirit. He founded Spindle, Stairs & Railings in Calgary, gaining recognition for quality and craftsmanship, and was a finalist for the 'Top 40 Under 40' award. As an author, investor and keynote speaker — he has made significant strides in various industries and continues to defy the limits!

As a transformation expert, he empowers individuals in health, wealth, and mindset, having transformed his own life at 50 by quitting alcohol and becoming a WNBF bodybuilding champion. Kevin promotes discussions on personal growth and has received awards for bodybuilding and business innovation — focusing on mindset mastery, sustainable health, and strategic goal-setting to help others.



AS SEEN ON -  
DRAGONS' DEN



## Health, Wealth & Mindset

### Suggested Discussion Topics

- Health as the Foundation
- Sustainable Habits
- Mindset for Health
- Holistic Approach
- Mindset Mastery
- Strategic Goal Setting
- Smart Investing
- Automation for Wealth
- Overcoming Limiting Beliefs
- Embracing Failure



### Kevin's E-Books

- The Foundation of a Good Life
- The Ultimate Guide to Wealth & Entrepreneurial Success
- A Guide to Setting & Achieving your Biggest Life Goals of the Good Life



### Sample Interview Questions

- How is health the foundation for overall well-being?
- What are some sustainable habits for maintaining a healthy lifestyle?
- How does mindset influence one's approach to health?
- What strategies can you use for effective goal setting?
- How does smart investing contribute to financial stability and growth?
- How can you overcome limiting beliefs that hold you back?
- Why is embracing failure essential for success?
- How can one cultivate a mindset for continuous growth?

## CONTACT INFORMATION

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