

Kevin Abdulrahman has been a motivational speaker for the past 10 years and is currently in Bahrain to share some of his knowledge. He is an inspiration to the crowds that attend his seminars.

**Could you tell us a little about yourself?**

I am an International Author of several books, Creator of Countless Training Programs, Public Speaking Coach, Motivational Speaker on Leadership and a Mind Nutrition Expert.

Though I was raised in the west, I am Proud to be of Middle Eastern Origin. I represent the Face of the group of people who make for the Movers and Shakers of Today and the Powerhouse of Tomorrow. Through the various mediums available today, My work revolves around helping my audience Get Inspired, Get Informed and Get Going to The Next Level ( with a Grand Vision of Inspiring and Impacting over 1 billion people)

**How did you come to write this book?**

My first book *Winning The Game of Life* came about through helping friends and clients through their struggle. I would share with them my perspective and thoughts based on my experiences, lessons and continuous learning in order to come out on the winning side of life. I viewed life as a game, and there were certain Secret Weapons that I realised helped successful people excel in life, all of which ended making for the content of the book.

**As a child were you always an inspiration to the others around you?**

I called my mother and asked her if I was, and she says that I was an inspiration through my actions. Personally I don't know if I was an inspirational figure as a child, but I do know that I was the guy who learned to be responsible (for my life) at an early age.

**What is the one separating factor of your book *Winning The Game Of Life*?**

I like to keep things simple. To prove a point, I left many of the mistakes I made in the book to make a point (that things don't have to be perfect to get going). Often, many don't realise that life is a game and like all games, there are both shortcuts, strategies and rules. There are ways to go about achieving the desired results and one must understand how to go about playing like a winner. I bring that perspective for my readers to reflect on so that they too can take control and win in their game of life.

**How did you become a motivational speaker?**

I failed a lot. Infact I joke about it regularly with my live audience that I have come from the School of Hard Knocks, attended the

# Learn how to TAKE CONTROL

University of dreams and have a PhD in failure. I have been speaking for ten years now, having started off with my desire to help those around me. Those whom I would speak and give advice to would go on to create winning results, and I would receive countless emails and calls telling me that I should speak more often. I then did what I teach my clients and that is to find their sweet spot in life. Mine is to Inform and inspire people to be the best that they could be. As I spoke more often, the crowd grew larger, and larger, and larger. With attendees enjoying my talks and trainings, word of mouth spread like wild fire resulting in me speaking across five continents and today becoming the dominant name in The Middle East, Asia and Indian Sub continent for which I have both a lot of gratitude and commitment to this region.

**How important is it during these difficult times to have a motivated mind?**

Life has certain guarantees. One such guarantee is that you will experience tough and challenging times in your life. Everyone faces them. No one's life is ever smooth sailing, not mine, not yours- no ones. It is fair to say that when difficult times strike, those who think and act like winners come out on top. Those winning know that it is not what happens to you that matters. It may be tough, it may be challenging, it might stretch you beyond what you believed was possible. However, what matters at the end, is how you deal with what happens. How you deal with events in your life comes down to the quality of mind you possess and the nourishment you give it. When faced with a difficult time, an average person may think that it is impossible to reach their goals and dreams, while a mind that is nourished

and motivated will see the word impossible as IM possible. In there, lies the difference.

**How do you deal with rejection and failure?**

The first and most important part of dealing with rejection and failure is to accept them as part of the game. Once you accept them, you must do what any winner would do in life, and that is understand that rejection is merely someone's opinion, not the truth. Only because you or your idea might be rejected might not mean it's not good, and history is littered with examples of ideas that were initially rejected only to have become amazing success- the famous Charlie Chaplin was initially rejected by Hollywood Studios.

When it comes to failure, remember that it is never permanent, unless you make it so. Failure is a process of learning. Henry Ford had failed many times before becoming successful.

What are the obvious mistakes that people make in trying to motivate themselves? They look for immediate satisfaction and they don't really find their true motivation - their inspiration. Most people never ever ask important questions in their life.

What do I want? why do I want it? When you are able to answer these two questions with absolute clarity, then you will feel Inspiration from within to move towards your destination.

Most people operate from a place of uncertainty and haziness which is why they fail to remain motivated. Remember, if it is hazy in your mind, it will be a sandstorm of a reality.

To those who feel over



stressed and underpaid, and have financial problems etc, what would you say is the best way to deal with their issues? Having lost everything through the last financial crisis we experienced, I can share with you a simple truth that is applicable to everyone, as it was to me. The results you are experiencing today is an outcome. Whether it is a financial challenge, a weight challenge or a relationship challenge, your result today is an outcome of your actions. If you are unhappy with where you are in life, you need to take the time to ask yourself, two simple, yet imperative questions What do I want? What am I doing about it? Most people never Ask, Answer and Act on these two questions.

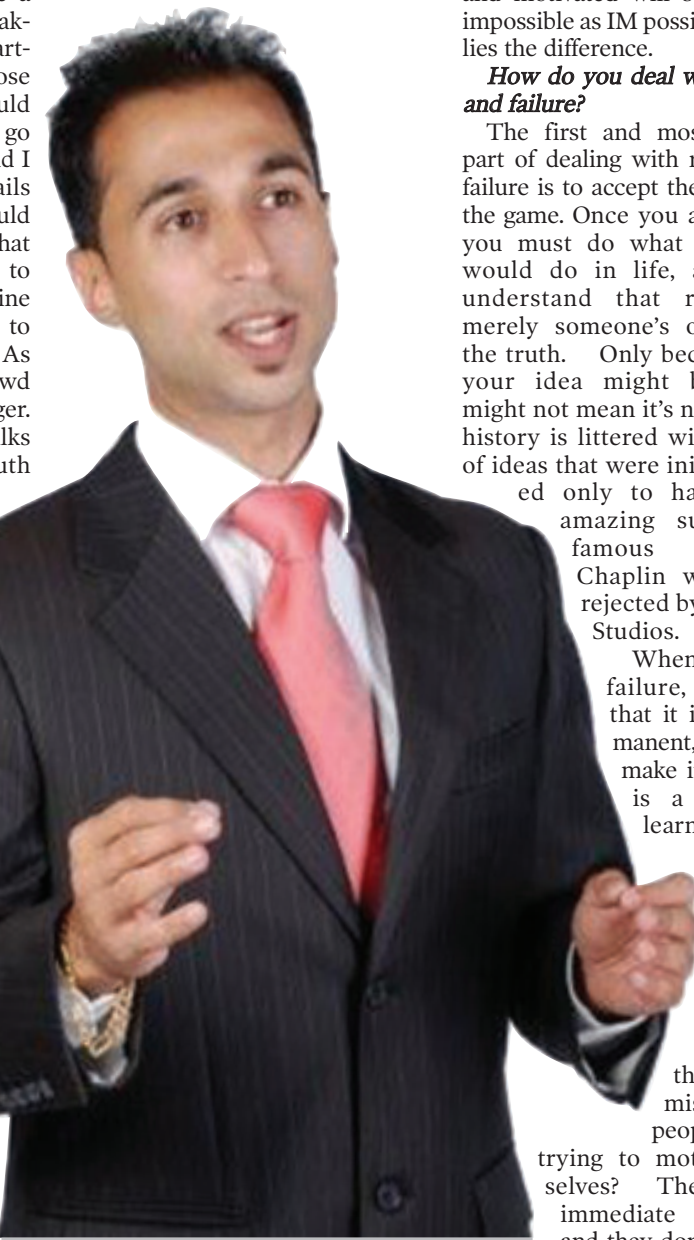
They then wonder why their results are staying the same or in fact deteriorating. If you keep on doing the same things over and over again, you will only continue to get the same results. If you want things to change, then ask and answer the two questions I have shared with you, and back it up with massive action.

**Citizens over the Middle East love your inspiration speeches. How many of them are able to keep up that motivation that they receive at your speeches?**

Indeed they do. Inspiration is something that stays with my audience for a lifetime- In all fairness, some more so than others. The truth is, we are all humans, and have our down days, and we come stuck at certain parts in life.

Like mobile phones there comes a point and time in the day when you have exhausted your mobile phone and it requires charging. You can beg and plead with it, but unless you plug it in the wall for a certain amount of time, it will not respond. We as humans are no different and need to be constantly recharged.

Your readers are more than welcome to do what my seminar attendees do and that is to subscribe to my newsletter where I share winning tips, thoughts and strategies on a regular basis to help individuals Get Inspired, Get Informed and Get Going !!! The website is [www.BestMotivationalSpeaker.me](http://www.BestMotivationalSpeaker.me)



One must understand how to go about playing like a winner.