



*Alison*  
CANAVAN



# TALK TOPICS AND DESCRIPTIONS

'She's an honest and powerful speaker who can hold an audience spellbound.'



Alison's presentation style has been described by clients as 'effortlessly engaging, exuberant and infectious.' She demonstrates how everyone has the ability to take control of their well-being and destiny. Her main message is one of awareness leading to empowerment and encouragement and the results are pure transformation in people.

**'Wow! She is a ray of sunshine. She lit up the room.'**

Alison leverages decades of experience educating audiences about the mind-body connection to offer them life-changing tools for relieving stress and depression. Her simple-to-understand techniques offer listeners relief from the stresses of daily work and personal life.

She also draws on her own life experiences and how she has completely transformed her health, mindset and lifestyle from one of anxiety and addiction to one of peace, connection, growth and expansion.

As a supermodel she travelled the globe, walked runways and graced magazine covers but behind the camera a different story was emerging. One of pain and sadness that led her on a path of deep spiritual growth and transformation.

Her passion is human potential, and she has spent the past 12 years studying nutrition, behavior change, personal growth, stress and coherence. She walks her talk and encourages people to make small lasting changes that not only benefit them but the lives of those around them also.

HER INTENTION: is for your audience to have accessible action steps that they can start to include in their daily lives right then and there that will make a noticeable difference encouraging consistency and commitment.

All Alison's talks have an experiential element as she loves her audience to really feel the change from within. She uses meditation, mindfulness, dancing and coherence techniques so people can experience a real shift in the moment.

All of her talk topics are below, and she works with each individual client to create the perfect workshop, keynote and messaging for their audience and needs.

**Alison invites everyone to do a 30-day journaling challenge after her talks and workshops which have received incredible feedback. If you are looking for more focused, energized, happier and confident team members then Alison is the speaker for you and your company. You can purchase her journals for your team when you book her.**

**ALL WORKSHOPS CAN BE ADAPTED FOR VIRTUAL PRESENTATIONS**

# The Art of Inspirational Living – HEART

The Art of Inspirational Living is a H.E.A.R.T based program that covers so many of the pain points in today's world like stress, boundaries, focus, resilience, time, values, mindfulness and coherence.

It encompasses a Full 360 approach to living a healthy, happy and successful life for each individual. The H.E.A.R.T technique can be applied to anyone's life and Alison works with each individual client to tweak it to their specific needs.

The program encourages a healthy and more balanced life. Alison has trained health coaches, CFO's, CEO's and many more in H.E.A.R.T based living helping people to reduce stress, incorporate better daily habits and have better overall understanding of health and wellbeing.

H.E.A.R.T is currently being offered as a half day in person or over 4 months with 4 virtual sessions and exercise and challenges to do in between each session.

It can also be adapted for an individual session virtually.

## KEY TAKEAWAYS

**H – HEALTH**

**E- EARTH**

**A- ACTION**

**R- RESPECT**

**T- TIME**

### **SESSION 1: HEALTH**

- Introduce Energy
- Mindset
- Your Why and Values
- Clarity of thought
- Vision Statement
- Your perfect morning Routine

### **SESSION 3: ACTION & RESPECT**

#### **ACTION**

- Better decision making and daily habits
- Understanding patterns of success
- Taking Inspired action through awareness
- Taking action aligned with your purpose and values
- Taking action based on your goals and dreams

### **SESSION 4: TIME**

- The myth of no time
- What gives us back our time
- The power of story
- Respecting others time
- Expectations
- Perception
- STOP/CATCH/CHANGE Technique

### **SESSION 2: EARTH**

- Understanding Stress
- Coherence Techniques - HeartMath
- Ground and benefits
- Tips on living more mindfully
- Meditation
- Connection

#### **RESPECT**

#### **THE ABC'S OF RESPECT**

- Authenticity
- Boundaries
- Connection
- Gratitude and understanding the RAS (Reticular Activating System)

# More Energy, Less Stress

People think they need better time management, but they actually need better energy management. In a world where people feel like they are always playing catch up with a never ending to do list it can be helpful to understand energy management. Understanding energy helps us to become more present, focused, efficient, less stressed, sleep better and have better quality relationships.

In this talk Alison encourages everyone to look at their energy as a currency, asking questions like:

- ▶ How do you spend yours each day?
- ▶ Do you save your energy for when you need it?
- And
- ▶ What habits deplete your energy and what habits are life giving?

She will take the audience through practices so you can experience a shift in your own energy in real time. We will also be looking at the energy of language and how you speak about yourself and others can be energy depleting or energy giving.

Energy is also contagious and through the lens of understanding coherence we can really begin to understand the energy of stress and anxiety and transform to one of presence, patience and calm.

## The Full 360: The Mindful Path to Better Living

As a mindfulness teacher, Alison believes that awareness is the greatest agent for change in all areas of our lives. Until we fully accept who and where we are in this moment, we can't take steps on the path to where we would like to be. Bringing mindfulness and the power of presence into all areas of your life helps to bring trained awareness to the forefront, empowering you to make better decisions, become less reactive, less stressed and more content. Tapping into our intuition can also help us to create positive change leading to the real results we truly desire for ourselves, our business and our loved ones.

In this talk/presentation Alison explores tools and techniques to help us tap into our potential and our true intuition. She shares fun and interactive exercises and mindfulness techniques which helps us to experience true presence. Most of all she asks important questions because its only by asking the right questions can people search within for the answers they seek.

By truly stepping on the path to knowing ourselves we can become more resilient, focused and self-assured and confident. This leads us to become better partners, friends, coworkers and even bosses.

For organizations, less stressed and more content individuals lead to a healthier company and greater growth. Alison's mantra is that; 'small changes done consistently bring about lasting differences in our lives'.

This talk is accompanied by a 44-page workbook on 360 tips for wellbeing.

## **THE POWER IS IN YOU**

After years of trying to find happiness through external means and a devastating relationship with life and addictions, Alison turned her life around by connecting with her infinite internal resources.

In this talk, Alison lifts, shifts and ignites your spirit helping you to tap into your own infinite potential within. Alison explains that no matter where you are in life or what you are going through, we all have greatness within. However, we are often limited by our paradigms and limited thinking patterns. Once we learn to recognize these, we can all live a life beyond our wildest dreams.

Alison teaches accessible lifestyle tools like gratitude, mindfulness and journaling in her own unique way and introduces life hacks like her 'Stop, Catch, Change' technique so you can begin to catch your thoughts, change them and live a life you truly deserve living.

This talk can be tailored for both individuals seeking personal growth and organizations seeking a stronger corporate culture and business growth.

## **The Full 360 Workshop: Live Better, Feel Better**

Alison's Full 360 approach to health and wellbeing encourages people to look at all areas of their lives and not just one or two. Alison shares tools and techniques that help people connect, go within and create lasting change through intuition and everyday small behavioral changes.

Alison firmly believes that real wellness can only truly be achieved when we connect the dots, taking a full 360 approach with our own health and wellbeing. This means looking at body, mind, spirit, our environment and the quality of our relationships.

This workshop will bring guests through different, fun techniques including mindfulness, gratitude, self-care tips and what effect our food has on our mood. Alison will also talk about looking at our toxic load including the products we use on a daily basis both in the home and on ourselves.

The Full 360 event helps attendees make small changes that will give them the confidence to follow their dreams and to believe in themselves. Small changes make a big difference.

**\* Alison customizes A 44 -page workbook that includes information on sleep, anxiety, mindfulness, nutrition, mindfulness, gratitude, energy and much more which is shared with each workshop attendee.**

**\*\* Printing costs are separate from speaking fees.**

## Key Takeaways



Stress Management



Understanding Energy



Coherence and What That Means (with techniques)



Movement



Meditation / Mindfulness



Immunity Tips



Breathing



Mindset – How to Shift Itg



Eating well



Gratitude



Daily Happiness Habits



Energy and Vibration – How to Keep Yours High

## Breakout Sessions

Alison specializes on breakout sessions for companies that focus on one topic:

**The Power of Gratitude**

**How Meditation can transform your life**

**Making Mindfulness a way of living**

**Understanding Stress**

Alison can also record meditations for your company to suit your needs

For all things speaking

**Contact Jeanette at Powell Speakers**

[jeanette@powellspeakers.com](mailto:jeanette@powellspeakers.com)

