

Speaker, Author and Change Agent



Energy is the currency of the future

The most important currency to drive growth isn't a financial measure. It's the capitalization of your personal energy and that of the people you surround yourself with.



AUDIENCES TRANSFORMED BY ALISON'S WORK



Espeakers Certified Virtual Presenter

Alison Canavan is the **change agent** every company needs to help **regulate the nervous system** of both the individual and the company.

So often companies struggle because they are out of alignment, with missed opportunities, loss of creativity and employee burnout. Through her keynotes, workshops and consulting, she blends teachings and practices like mindfulness, meditation and breathwork with life changing mindset tools that encourage personal growth and true transformation. Her tools and techniques can be put into practice immediately and used as you move through your day.

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**“By taking care of the individuals within the business,
business takes care of itself.”**



WHAT PEOPLE ARE SAYING

“YPO St. Louis recently hosted Aly Canavan for an evening of Mindfulness. Her rating was a perfect 10, along with comments from YPO members stating how much they enjoyed the resource. Personally, I’ve hosted hundreds of events over the course of my 17-year career with YPO. I think Aly is one of the best resources we’ve ever had. I would highly recommend her to other YPO chapters.” - **MELANIE MEYER YPO**

“Thank you for choosing such an amazing speaker today. She was incredible. I got stopped by almost every person that left with the same sentiments. Many said that this was one of the best events they have ever been to. I am grateful to have heard her message today; and I know the chapter is as well.” - **EO St Louis**

“Alison was scheduled to present ways to practice self-care via mindfulness. Unbeknownst to her, her audience was a multigenerational mixture of skeptics and receptive team members who are analysts by trade. She completely engaged the audience through her use of media, team exercises and animated narrative. Even months after the event, team members are still talking about her successful event and using the diaries that she created to further instill the principles of mindfulness. In fact, a few have suggested that they wished that she would come back on a regular basis! We highly recommend her, especially to gain tools to better insulate employees from burnout, overwhelm and, above all, fear!” - **Plancorp**

“From the moment Alison walked on stage to keynote our annual convention, to the moment she walked off, the audience was absolutely captivated. Our event was themed “Transformation” and her insights, vulnerability, and energy aligned with the theme and inspired everyone present. As I looked across the room, I saw people emotionally engage with her stories and grounding techniques. (Our executive team continues to use them to manage our stress to this day.) Even those uninitiated in mindfulness practices found her teachings practical for use in daily life. Our audience loved her message, and we will be working more with her in the future.” - **Jared Turner Amare Global**

'The more we scale inward, the more we can serve outwards'



MOST POPULAR KEYNOTE

LEADING FROM WITHIN – MASTERING YOUR ENERGY

We are in a period of transition where the possibilities are limitless, the future of leadership invites a paradigm shift. It requires leaders who understand the power of self-awareness, authenticity, and compassion. "Leading from Within" is a visionary approach to leadership that fosters personal growth, inspires teams, and catalyzes positive change in society through the mastery of one's own energy.

Through heart centered consciousness and learning to master your own energy the three C's - connection, community and coherence become the pillars and foundation upon which a strong life and in turn business is built.



CREATING COHERENCE

Coherence is the state where our heart, brain, and nervous system harmonize, leading to optimal function and well-being. Just like a beautifully orchestrated symphony, coherence creates a powerful and harmonious experience within us and in our interactions with others. By fostering coherence through various practices and lifestyle choices, we can lead a more enriched and fulfilling life.



FOSTERING CONNECTION

Connection is vital for our well-being, and it starts with nurturing a meaningful relationship with ourselves and fostering authentic bonds with others. Being fully present, non-judgmental, and curious are key elements of genuine connection. By understanding and embracing each other's perspectives, we weave a supportive web of love, understanding, and empathy, enhancing our overall well-being and positively impacting the lives of those around us.



BUILDING COMMUNITY

Community is immunity! Our mental health has taken a hit during isolation, showing how deeply we crave connection as social beings. Together, we are stronger and can shield ourselves against challenges. Building resilient communities fosters well-being and prosperity, enabling us to overcome obstacles and thrive in tough times.

Discover a life-changing journey with Alison Canavan as your speaker, as she illuminates the path to wellness, self-awareness, and personal growth

Keynote:

The Game of Life and How to Play It

For some people the joy has literally been sucked out of life like a vacuum.

The busyness epidemic has created a paradigm of surviving rather than thriving. This has caused increased individual stress as well as strained cultures in the workplace.

In this thought-provoking keynote, Alison looks at life like a game where we all have the choice to take part and become a key player in our own lives.

Are you a conscious or unconscious player? Are you a victim or a victor in your own life?

Alison offers various different thinking tools to help you become not only an active and conscious player of life but a thriving and joyful one too.

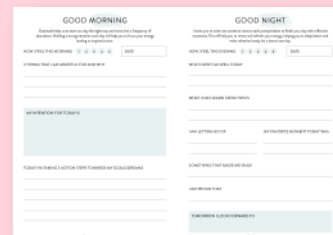
KEY TAKEAWAYS:

Helping individuals transition from surviving to thriving and find joy and fulfillment in their lives:

- Awareness of Choice
- Adopting a victor's mindset by shifting energy patterns
- Taking inspired and aligned action
- Cultivating a Joyful Mindset by focusing on gratitude and mindfulness.
- Tools for Self-Reflection
- Creating a Supportive Culture
- Overcoming Limiting Beliefs
- The Power of Resilience, bouncing back stronger after setbacks.
- Taking responsibility for one's happiness and fulfillment.

DID YOU KNOW:

That my 5 Minute Journal offers practical prompts and tools to help conference participants apply what they learn during the event? Based on gratitude and neuroscience this journal helps you to understand behavior, habits, encourages discipline and focused intention.



“This journal ACTUALLY makes a difference and REALLY WORKS.” - Sarah

Workshop

HEART - The Art of Inspirational Living

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 or full 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.



“We hired Alison at City National Bank to lead her HEART series program for the Women’s Network nationwide. This was especially helpful keeping colleagues grounded, focusing on self-care and motivated to achieve at the same time. Many had never experienced this kind of programming before and now practice what they have learned regularly.”

Nichole, City National Bank

KEY TAKEAWAYS

H-HEALTH

SESSION 1

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

SESSION 2

EARTH

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

E-EARTH

SESSION 3

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

RESPECT

THE ABC'S OF RESPECT

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

A-ACTION

R-RESPECT

T-TIME

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

ELEVATE YOUR EVENT TO NEW HEIGHTS



Here's what the audience can expect to feel during and after her talk:

- Empowered
- Motivated
- Connected
- Transformed
- Joyful
- Supported
- Ready for Change
- Elevated Energy
- Grateful

Overall, the audience will walk away from Alison keynote address with a renewed sense of purpose, a commitment to personal growth, and a deep appreciation for the joy and possibilities life has to offer.

“Ali is a doer, and I am grateful that she has given so much of herself to raise awareness for mental health issues” - Adam Clayton U2

JOIN FORCES WITH ME!

1

The journey to collaborating with me is designed to be seamless and personalized, tailored to meet your specific goals and needs. It all begins with a friendly call, during which we'll discuss your event's objectives and vision.

2

Once I understand your requirements, I'll craft a talk that aligns perfectly with your goals, ensuring an engaging and transformative experience for your audience. As a bonus, I'm delighted to offer a promotional video for your event, capturing the essence of what attendees can expect.

3

Throughout the process, you can count on consistent and open communication. I'll keep you updated on travel plans and any other details to ensure a smooth and stress-free experience.

I'm thrilled to embark on this journey with you

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