



Alison  
CANAVAN

SPEAKER | COACH | AUTHOR

## International Women's Day Speaker

*Alison says*

"Being a woman in today's world is not about conforming to expectations; it's about connecting to your deepest self and being led from that inner space. We are creators of our own destinies, shaping a future where strength meets grace, resilience meets compassion, and authenticity knows no bounds. In the symphony of diversity, each woman is a unique melody, contributing to the harmonious evolution of a world that embraces the power and potential within every feminine spirit."

Alison Canavan stands as an exceptional choice as an International Women's Day speaker, bringing a unique blend of motivation and inspiration to the forefront.

Alison's personal journey shows us how we can overcome even the darkest days, step into a brighter future and breakthrough the conventional ideas for who we as women can become. Having once been told that becoming a single mum would destroy her career and life, that speaking about her mental health issues would turn people off working with her, Alison has proven them all wrong. She has risen as a strong voice for women finding their own truth, stepping into their power and never to let anyone tell them who they can become and what their potential might be.

Her energy is infectious, and she has a compelling ability to connect with audiences. Alison goes beyond mere words, instilling a profound sense of empowerment in women.

Her message transcends traditional boundaries, urging women to rediscover their true selves and embrace a life defined by integrity and authenticity. As a speaker, Alison's authenticity shines through, making her relatable and resonant with diverse audiences.



# Testimonial

"I was pleased to hire Alison Canavan as a keynote speaker for our educational training camp in May of this year. We choose Alison because of her talents as a writer, educator, and speaker. She has a beautiful way of helping people understand the importance of their health and the connection between one's body, mind, and heart.

She is a gifted speaker who shares her talents with everyone in the room through compassion, love, and humor. She captures your attention, inspires you to think, and her words motivate you to be better. Better to yourself, better to each other, and better in the world."

**Susan Radway, Chief Executive Office, Moxifit Body Fuel, LLC**



# Speaking Topics

Attendees will be captivated by her engaging delivery and empowered by the principles she advocates. Alison's sessions are not just about words; they are a journey towards self-realization, encouraging women to embrace their strengths and live authentically.

The takeaways from her talk extend far beyond the event, leaving a lasting impact on the mindset and outlook of every individual in the audience.

✓ Empowerment  
✓ Authenticity  
✓ Inspirational Stories

✓ Practical Strategies  
✓ Intersectionality  
✓ Resilience

✓ Community Building  
✓ Mindfulness and Well-being  
✓ Celebrating Successes

# About Alison



[alisoncanavan.com](https://alisoncanavan.com)



[@alisoncanavanwellness](https://www.instagram.com/alisoncanavanwellness)

Alison Canavan has been named one of the **top 8 transformational coaches** in the US by **USA Today for 2021**. Her focus is on 360 health and wellbeing with mental health; including depression and anxiety being at the forefront and focus of her work. Alison is a UCLA trained Mindfulness Facilitator from The Semel Institute of Neuroscience and Human Behavior, a Master NLP Practitioner, HeartMath facilitator, Nutritional coach, Raw Foods Master and an award-winning author of Minding Mum. **Some of her previous clients include:**



PayPal



Deloitte.



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