



*Alison*  
CANAVAN

SPEAKER | COACH | AUTHOR

## MENTAL HEALTH AWARENESS MONTH

*Alison says*

"Having struggled with my mental health since childhood I know more than anyone what it takes to overcome depression, anxiety, addiction and suicidal thoughts. My purpose and passion come from helping people see and understand that their real wealth in life comes from prioritizing their mental health and wellbeing. I love sharing simple practices that work and that have helped thousands of people I have worked with overcome incredibly dark days."

Booking Alison Canavan for your mental health awareness talk is a decision that goes beyond a conventional speaker choice – it's an investment in a transformative experience. With a genuine passion for mental well-being, Alison brings a unique blend of personal insights and professional expertise to the forefront. As a mental health advocate, she not only shares her own journey but also provides invaluable perspectives on resilience, coping mechanisms, and the significance of destigmatizing mental health conversations. Alison's authentic approach fosters a safe and supportive environment for open dialogue, encouraging audiences to confront mental health challenges with courage and understanding. Her expertise extends beyond mere rhetoric; it is a compassionate and informed guide to navigating the complexities of mental well-being.

By choosing Alison Canavan, you're not just securing a speaker; you're inviting a catalyst for change, sparking conversations that matter and leaving your audience with a renewed sense of empathy, awareness, and empowerment.



# Testimonial

"Alison's energy, insight and emotional intelligence make her a joy to work with. She's an honest and powerful speaker who can hold an audience spell-bound, and she puts her all into everything she does. We've always been grateful for her support for the work we do in Barnardos Children's Charity, but more than that because she is a continuing source of inspiration and ideas."

**Fergus Finlay**



## About Alison

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*.

She spoke at The Mindful Life Conference in Washington in April 2017. She has lectured in Trinity College in Ireland on the module of Motherhood and Mental Health. In June 2014 she chaired and spoke at the first-ever Barnardos Parental Mental Health Conference in Ireland at Croke Park. She has been the ambassador of many mental health charities throughout the years and delivered hundreds of talks to schools, businesses and at conferences on mental health awareness.



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