

IS YOUR INNER CRITIC BAD FOR YOUR HEALTH? • THE RIGHT TIME TO MEDITATE

mindful

healthy mind, healthy life

OPTIMISM IN ACTION

HOW TO BE
POSITIVE...
AND STILL
KEEP IT
REAL

◀ Alison
Canavan
Health and
Wellness Coach



**MINDFULNESS
MADE SIMPLE**

*How to find balance
in small moments*

**THE ROAD(S)
TO HAPPINESS**

Science

**CAN MEDITATION
CHANGE
YOUR BRAIN?**



Alison
CANAVAN

ABOUT ALISON

Alison Canavan has been named one of the top 8 transformational coaches in the US by USA Today for 2021. She specializes in managing change, stress, burnout & overwhelm. She helps companies support their workforce who are transitioning back into the corporate office and finding their work/life balance. 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 – It's Time to Take Care of You – the world's first 360 self-care book for mums focusing on Mums health and wellbeing post birth.

Alison's workshops and talks include incredible tools for transforming and understanding people's daily struggles which include chronic stress (responsible for 90% of disease), anxiety, depression and addiction in all forms from sugar to alcohol, co-dependency and more– helping people to become more aware of what's driving their habits. Her heart-led business and 360 approach to wellbeing is innovative, inclusive and accessible to all. As a meditation teacher she understands the power of a daily mindful approach to living. She believes that to create peace in our life we must carve out time for selfcare, go within and create space to heal, learn and grow.

Alison has worked with thousands of clients in her private practice and for over a decade has been teaching about The Power of Gratitude on stages across the world and how it can create incredible perception and paradigm shifts in your life. Through her life changing 5-minute journal, Alison offers an innovative way in a short time every day to experience real change.

Alison has become a highly sought-after motivational speaker and contributor to the wellness space. Some of her previous clients include, You Tube, Plancorp, Vista, Medstar Health, Bank of Ireland, Allianz, Deloitte, City National Bank, Moxifit, Aegis Living, Google, Barnardos, Deutsche Telekom, AllBright, Coinbase, Vitality, Paypal and Bristol Myers Squibb.

Alison began her professional career as one of the world's top fashion models at the tender age of 15 and spent over 20 years traveling the world and walking the runway for world-renowned designers. During this time, she also battled with depression, anxiety and addictions. She transformed her own life using simple but powerful tools like meditation, mindfulness, movement, coherence training, breathwork, food and mindset techniques and has been studying and training and working in these fields for decades.

She created a "Wellbeing in the Skies" series for Ireland's national airline Aer Lingus. This series looks at gratitude, meditation, anxiety, fear of flying, jetlag, a kid's wellness corner and much more.

Alison continues to contribute to Podcasts, Newspapers, Magazines and TV and Radio shows around the world including The Sunday Independent, Mindful magazine, Spirit and Destiny, The Daily Mail, Ireland AM, The 6 O'clock show, Pregnancy and Parenting magazine, Oh Baby, VIP Magazine, Positive Life, You Magazine, Voyage LA, The Cutting Edge. Podcasts like The Living Proof, Real Health with Karl Henry, The Good Glow, Chasing Passion, The Courageous Life, Lovin.ie, Mindful Mama Podcast, Sandra Rea's Fiercely Spiritual podcast, Alive and Kicking Newstalk, Motherly, IHeart radio to name but a few.

SPEECH TOPICS & DESCRIPTIONS

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 different virtual sessions. It can also be adapted for an individual session virtually.

KEY TAKEAWAYS

H-HEALTH

E-EARTH

A-ACTION

R-RESPECT

T-TIME

SESSION 1

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

SESSION 2

EARTH

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

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)

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



MORE ENERGY – LESS STRESS

People think they need better time management, but they actually need better energy management. In this inspiring talk Alison looks at energy as a currency and brings the audience on a journey of understanding how you spend your energy each day which determines the quality of life that you have.

KEY TAKEAWAYS

- The Power of consistency
- Starting your day strong (daily rhythm)
- My Stop, Catch, Change Technique for interrupting behavior patterns
- Coherence techniques
- Understanding energy
- Stress reduction
- The power of the breath
- Why movement matters
- The importance of letting

THE FULL 360: THE MINDFUL PATH TO BETTER LIVING

As a mindfulness teacher, Alison believes that awareness in all areas of our lives creates space for change. 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 gently 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.

For organizations, less stressed and more content individuals lead to a healthier company and greater growth.

Alison shares key tools and starting points for people focusing on her mantra that; 'small changes done consistently bring about lasting differences in our lives'. This session includes mindful tips to gratitude, sleep and stress management.

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



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THE POWER OF PRESENCE

Using the power of mindfulness, awareness and intuition we can 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.

BREAKOUT SESSIONS/WORKSHOPS

THE FULL 360 WORKSHOP: LIVE BETTER, FEEL BETTER

The 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 and the products we use on a daily basis both in the home and on ourselves. Most women put on average 168 – 515 chemicals* onto their skin each day. This has a very strong and negative effect on our overall health and wellbeing and something Alison is passionate about spreading the word on.

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, which is shared with each workshop attendee. Printing costs are separate from speaking fees.

KEY TAKEAWAYS:

- Exercises to help activate the vagus nerve (also covering what this is) in the body and why it's important
- Mindset
- Energy management
- Mindfulness techniques
- Coherence Practices
- Stress management
- Navigating change
- Building resilience

WORKSHOP TAKEAWAYS CAN INCLUDE:

- Stress Management
- Understanding Energy
- Coherence and What That Means (with techniques)
- Meditation/Mindfulness
- Immunity Tips
- Breathing
- Eating well
- Gratitude
- Daily Happiness Habits
- Movement
- Mindset – How to Shift It
- Energy and Vibration – How to Keep Yours High



VIRTUAL – HOW TO KEEP ENERGY & IMMUNITY HIGH WHILE WORKING FROM HOME

In this online workshop, Alison Canavan shares practical and accessible tools to help you stay grounded, centered and resilient during these times. This will help you to stay focused, positive and productive while working from home.

KEY TAKEAWAYS

- Understanding stress
- Tips for anxiety
- Actionable steps to ensure better energy
- Mindfulness techniques
- Understanding heart coherence and productivity
- Heart focused breathing practice
- Tips for better immunity
- Ideas to help boost energy
- How to cultivate a healthy mindset
- Practical brain training tips
- Practice the pause

Bonus takeaways:

- A short heart opening morning and evening audio for each person to help them begin and end their day with presence
- A 44 -page workbook that includes information on sleep, anxiety, mindfulness, nutrition, mindfulness, gratitude, energy and much more

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CLIENTS



TESTIMONIALS

"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, COVID weariness and, above all, fear!"

STACY Marshall, Plancorp

"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. I believe that Alison is making a positive impact on all of those she works with. And in today's world post-COVID-19, we need more people like Alison, inspiring us to wake up, take care of ourselves and live life to the fullest." "

Susan Radway CEO Moxifit Body Fuel, LLC

"Alison Canavan was an uplifting, insightful speaker. We were lucky to have her keynote at our event; Refuel. She had our audience engaged, present, and even had people up and dancing. What I found most valuable was her takeaways for our team to lead a more meaningful impactful journey with their life."

Joe Chura, CEO Dealer Inspire

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, but more than that because she is a continuing source of inspiration and ideas.'

Fergus Finlay, CEO Barnardos

'I first met Alison on the 'Walk In My Shoes' fund raising and awareness project. Ali was a rock of good sense and committed to sharing her story with anyone who needed help or could help. She has an intuitive personality and a need to open things up for discussion until she understands all aspects of the issues. Ali is a doer and I am grateful that she has given so much of herself to raise awareness for mental health issues in Ireland.'

Adam Clayton - U2

'Alison has been a fantastic addition to the Allianz Active&Aware programme. Her enthusiasm and passion for Health and Wellbeing was palpable from the moment she arrived. Her presentation style is effortlessly engaging, exuberant and infectious, and most importantly inspirational as she demonstrates how everyone has the ability to take control of our wellbeing destiny.'

Aoife Lawlor - Allianz

'Alison is an insightful and engaging speaker'

Jennifer Magill - Deloitte

FEEDBACK FROM TALKS AND SHOWS

'The event really inspired me that happiness comes from within, from self-care, and this was the key message I took away. The workbook is amazing too, a fabulous takeaway and reminder of the day. Thank you all so much for a really beautiful, motivating day'

'Alison has gotten me through some serious mental struggles but also has given me so much strength and positivity. I'm so proud of the work she does to bring wellness into other people's lives. Congrats on your hugely successful Full 360 Event on Sunday and thank you for having me there'

'The show blew me away, honestly it was amazing. I had one of the most magical days I've had for a long time'

'Truly inspirational, what a life story! And such positive energy in the room. I will be looking into her 360 days'

'Very useful, reconnect with yourself; relevant today - useful information; I'm not normally into mindfulness but shown how to incorporate daily'

'Loved the opening dance and interactive aspects of the session together with the energy'

'Best of the day!!! I'm putting this into practise from today and I'll be booking a retreat for sure'

'Wow! She is a ray of sunshine. She lit up the room. Really enjoyed her talk'

'Inspirational speaker, true life story resonates + hits home. Great fun!"Excellent - very good presentation'

'Encouraging, motivating - an excellent contributor to the Forum'

'Absolutely brilliant presentation - very thought-provoking'

'Best speaker of the day - engaging, vibrant. Loved it!'

'Very lively and enthusiastic. Good tips and life skills'

'Simply amazing! She was the highlight of the day'

'Great public speaker; really interesting content'

'For me Alison was the highlight of the day'

'Very powerful, moving, inspirational'

'Amazing energy and very good speaker'

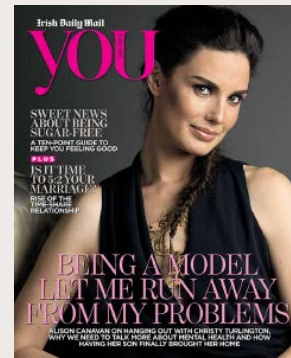
'Excellent speaker and motivator'

'Wonderful and very energetic'

'Fantastic! Presentation of the day'

'Fantastic presenter, very relevant'

'Great experience; great presenter'



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