

# ALISON CANAVAN

## BIOGRAPHY

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Alison Canavan is a globally recognized keynote speaker, wellness expert, and mindfulness facilitator whose extraordinary journey from international supermodel to transformational guide sets her apart in the world of personal development and leadership.

Having graced the world's most prominent runways and fashion magazines, Alison lived at the height of external success. But it was her healing journey beyond the spotlight—through addiction, mental health struggles, and burnout—that now captivates audiences and deeply moves every room she enters.

Her transformation is not just personal; it's the foundation of everything she teaches. Alison brings a rare level of authenticity and emotional resonance to her talks, empowering people to take back control of their lives by learning to spend, save, and invest their energy wisely. Today, she's on a mission to redefine success through self-awareness, mindfulness, and conscious leadership—offering audiences powerful, science-backed tools to manage stress, build resilience, and reconnect with their purpose.

Alison is a UCLA-trained Mindfulness Facilitator (Semel Institute for Neuroscience and Human Behavior), Master NLP Practitioner, HeartMath Facilitator, Raw Foods Master & Nutritional Coach, Award-winning Author of *Minding Mum* and a Meditation & Breathwork Teacher.

Alison was recently honored as one of the Top 100 Irish in Business in America (2025) and named one of the Top 8 Transformational Coaches in the U.S. by USA Today. A true pioneer in the wellness space, she created Ireland's first one-day transformational immersion, "The Full 360," weaving together gratitude, mindset, nutrition, sound healing, and energy work. Early in the digital era, Alison became one of the first to bring meditation to online platforms using social media, making powerful practices accessible to a wider audience. Her trailblazing work in well-being earned her the Woman's Way Mum of the Year award, celebrating her leadership and innovation in holistic health.

Alison teaches that energy is the true currency of our lives—and by mastering how we manage it, we unlock greater clarity, connection, and creativity in everything we do. Her dynamic blend of storytelling, science, and soul leaves audiences deeply moved and ready for meaningful change.