

ALISON CANAVAN

INTRODUCTION - Option One

Intro Video (Optional): <https://vimeo.com/760063707/0031005b8d>

Our next guest is a powerhouse of transformation. Once a successful international model gracing the world's biggest runways and magazines, **Alison Canavan's** most inspiring journey began away from the spotlight – when she courageously faced and overcame deep mental health struggles and addiction.

She turned her healing into her life's mission: helping others reclaim their energy, restore their wellbeing, and reconnect with their purpose.

Named one of the **Top 8 Transformational Coaches in the U.S.** and one of the **Top 100 Irish in Business in America**, Alison is a **UCLA-trained Mindfulness Facilitator**, award-winning author, and the creator of the viral 5-minute journal, **“Change Your Day, The 5 Minute Way.”**

Known for her **simple, accessible tools** that create real, lasting change, Alison blends science, spirituality, and everyday mindset shifts to transform lives.

She also pioneered Ireland's first wellness immersion, **“The Full 360”**, and was one of the earliest teachers to bring meditation to social media. Today, she speaks on stages across the world, guiding individuals and companies in how to manage energy, the most powerful currency we have, with purpose and clarity.

Get ready to be inspired. Please welcome... **Alison Canavan!**

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INTRODUCTION - Option Two

Intro Video (Optional): <https://vimeo.com/760063707/0031005b8d>

Our next guest is a true powerhouse of transformation – Alison Canavan.

Her journey is deeply inspiring. For nearly two decades, she walked the world's biggest runways and graced international magazine covers as a successful model. But behind the spotlight, Alison faced intense personal battles – navigating the pressures of public life while struggling with her mental health and addiction. It was through her own healing that she discovered her true calling: to help others reclaim their energy, restore their wellbeing, and reconnect with their purpose.

Alison has since become a global force in the wellness space. Named one of the **Top 8 Transformational Coaches in the U.S.** by USA Today and one of the **Top 100 Irish in Business in America**, she is a **UCLA-trained Mindfulness Facilitator, Master NLP Practitioner, HeartMath Facilitator, Nutrition Coach, Raw Foods Master, and award-winning author.** She's also the creator of the viral journal "**Change Your Day, The 5 Minute Way**", known for delivering **simple, actionable tools** that create real, lasting change.

Alison pioneered Ireland's first wellness immersion event, "**The Full 360,**" and was one of the earliest teachers to bring meditation to social media. Today, she speaks on stages around the world, teaching people how to manage **energy – the most powerful currency we have** – with clarity, purpose, and intention. Her work blends science, spirituality, and practical mindset shifts to nurture not just the individual, but also the environments and relationships we live in. Please get ready to be inspired, empowered, and energized.

Join me in welcoming the extraordinary Alison Canavan!