

Alison Canavan

Acclaimed International Speaker, Wellness Coach, and Mindfulness Advocate

Please contact a GDA agent for information.

Topics

- Accountability
- Addiction & Recovery
- Health & Wellness
- Mental Health & Stress Management
- Mindfulness
- Personal Growth

About Alison Canavan

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 the stage, 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.

Why Book Alison?

- She is a dynamic opening keynote speaker who energizes the audience and sets a powerful tone for the entire conference.
- Her story is **real, relatable, and transformational** — and she shares it with humility and depth.
- She blends lived experience with 25 years as a meditation practitioner, **UCLA-certified mindfulness training**, neuroscience, and practical wellness strategies.
- Her message is **immediately actionable** and deeply inspiring—resonating across industries and audiences.
- She's delivered **opening keynotes, led corporate retreats, and designed immersive workshops** for teams, leaders, and organizations around the world.

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*
- 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.

Select Keynotes

• **Leading from Within – Mastering Your Energy**

We are in a period of transition where the possibilities are limitless, and the future of leadership invites a paradigm shift. This requires leaders who understand the power of self-awareness, authenticity, and compassion. *“Leading from Within”* is a visionary approach to leadership that fosters personal growth, inspires teams, and catalyzes positive change in society through the mastery of one’s own energy.

People think they need better time management, but they actually need better *energy management*. In a world where people feel like they are always playing catch up with a never ending to do list, it can be helpful to understand energy management. Understanding energy helps us to become more present, focused, efficient, less stressed, sleep better and have better quality relationships.

In this keynote, Alison encourages participants to look at energy as a currency, asking questions like; *How do you spend your energy each day? Do you save your energy for when you need it? What habits deplete your energy and what habits are life giving?*

Audiences will follow Alison through practical exercises in order to experience a shift in their own energy in real time. Energy is contagious and through the lens of understanding coherence, participants have the opportunity to understand the energy of stress and anxiety and how to transform that to an energy of presence, patience and calm.

Through heart centered consciousness and learning to master your own energy, the three C’s – connection, community, and coherence – become the pillars and foundation upon which a strong life and, in turn, a strong business is built.

Key takeaways include:

- ◊ The currency of energy – how to spend, save, and invest yours
- ◊ How the way you start your day determines how you spend your energy
- ◊ Alison’s *Stop, Catch, and Change Technique* for interrupting behavior patterns
- ◊ Coherence techniques for stress reduction
- ◊ The power of the breath and why movement matters
- ◊ The importance of letting go
- ◊ How to change your day in only 5 minutes {Ask about Alison’s Journal: [Change Your Day the 5 Minute Way](#)}

• **The Game of Life and How to Play It**

For some people the joy has literally been sucked out of life like a vacuum. The busyness epidemic has created a paradigm of surviving rather than thriving. This has caused increased individual stress as well as strained cultures in the workplace.

In this thought-provoking keynote, Alison looks at life like a game where we all have the choice to take part and become a key player in our own lives.

Are you a conscious or unconscious player? Are you a victim or a victor in your own life?

Alison offers various practical thinking tools to help you become not only an active and conscious player of life, but a thriving and joyful one too.

Key takeaways include:

Helping individuals transition from surviving to thriving and find joy and fulfillment in their lives by:

- ◊ Awareness of Choice
- ◊ Adopting a creator’s mindset by shifting energy patterns
- ◊ Taking inspired and aligned action
- ◊ Cultivating a Joyful Mindset by focusing on gratitude and mindfulness.
- ◊ Tools for Self-Reflection
- ◊ Creating a Supportive Culture
- ◊ Overcoming Limiting Beliefs
- ◊ The Power of Resilience, bouncing back stronger after setbacks.
- ◊ Taking responsibility for one’s happiness and fulfillment.

• **HEART – The Art of Inspirational Living**

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 or full day program in person or over 4 months with 4 virtual sessions and exercise and challenges to do in between each session. It can also be adapted for an individual session virtually.

Key takeaways include:

H – HEALTH

E – EARTH

A – ACTION

R – RESPECT

T – TIME

Session 1

- ◊ Introduction to Energy
- ◊ Mindset
- ◊ Your Why and Your Values
- ◊ Clarity of Thought
- ◊ Vision Statement
- ◊ Your perfect morning routine

Session 2

EARTH

- ◊ Understanding Stress
- ◊ Coherence Techniques – Heart Math
- ◊ 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

Here's what the audience can expect to feel during and after Alison's presentations:

- ◊ Empowered
- ◊ Motivated
- ◊ Connected
- ◊ Transformed
- ◊ Joyful
- ◊ Supported
- ◊ Ready for Change
- ◊ Elevated Energy
- ◊ Grateful

Overall, the audience will walk away from Alison's keynotes with a renewed sense of purpose, a commitment to personal growth, and a deep appreciation for the joy and possibilities life has to offer.

• **Elevate Your Team: 1-2 Day Corporate Retreat for Personal Connection & Growth**

Enhance Team Dynamics and Strengthen Workplace Relationships

Step away from the office and into an immersive retreat designed to recharge your team, foster collaboration, and cultivate relational mindfulness. This experience blends interactive energy exercises with insightful discussions on workplace dynamics, providing your team with the tools to communicate effectively, reduce stress, and build stronger professional relationships.

What to Expect:

- ◊ **Energy Games:** Energy Games enhance self-awareness, teamwork, and communication through experiential activities.
- ◊ **Relational Mindfulness:** Learn to cultivate presence, improve active listening, and navigate workplace relationships with clarity and confidence.
- ◊ **Guided Practices:** Guided practices for stress reduction, focus, and well-being.
- ◊ **Team-Building & Connection:** Team-building and connection event to strengthen workplace relationships and enhance teamwork and productivity.

Who is This For?

This retreat is perfect for corporate teams, leadership groups, and organizations seeking to enhance collaboration, improve workplace culture, and empower employees with mindfulness-based tools for success. Whether you're looking to boost morale, improve communication, or foster innovation, this retreat offers a transformative experience tailored for professional growth.

Takeaway:

By the end of the retreat, your team will leave feeling more connected, engaged, and equipped with practical tools to cultivate a more cohesive and mindful workplace environment.

• **BREAKOUT SESSIONS/WORKSHOPS**

Meditation Classes

Breathwork sessions

Gratitude Workshops

Envision Your Life

Your Word is Your Wand

The Power of Decision

The Power of Small Changes

****Alison's **5 Minute Journal** is available for purchase for your event and offers practical prompts and tools to help conference participants

apply what they learn during the event? Based on gratitude and neuroscience this journal helps you to understand behavior, habits, encourages discipline and focused intention.

Select Book Titles

- **2024:** Change Your Day The 5 Minute Way
- **2016:** Minding Mum - Its Time To Take Care of You!

Select Articles

- [Alison Canavan's 100 simple ways to manage stress](#)

Our resident wellness guru, Alison Canavan, who is also ambassador for INM's upcoming Vitality Expo event, has everything you need to know about managing your stress, at home and at work, by implementing small changes to your daily routine

- [Model Alison Canavan on Leaving Alcoholism, Addiction & Anxiety Behind](#)

rish Model Alison Canavan has battled many demons from lifelong depression and alcohol abuse, but an unplanned pregnancy and single-parenthood led her on the path to contentment. Here she reveals how she swapped the glitz and glamour of New York's fashion industry for a career in wellness—and found spiritual gratitude along the way.

- [Covers and Articles](#)

Here you will find some media and articles on my website

- [50 ways Gratitude Can Change Your Life](#)

Alison Lives her life in gratitude and it was an instrumental daily practice to help her transform her life back in 2010

- [Moving to LA](#)

Cover Story on Moving to LA to become a speaker in the US

- [Celebrating sobriety!](#)

News Article on being 7 years sober

Select Testimonials

"I first met Alison on the 'Walk In My Shoes' fundraising 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 joined us for the final day of our annual three day off site meeting to help us focus on personal development. Alison's session was at once practical in terms of steps we can take to balance home life and work life, but in truth it delivered much more...introspection, self-reflection, emotion and motivation. It was real, tapped into our investment in our people in a genuine way and allowed us to look at our development as people rather than employees. It hit exactly the right note and at the right time. I would highly recommend Alison if you are open to honesty, sincerity and looking after your team beyond what the "job" provides them.

— *CEO, KYNE*

"Thank you for choosing such an amazing speaker today. She was incredible. I got stopped by almost every person that left with the same sentiments. Many said that this was one of the best events they have ever been to. I am grateful to have heard her message today; and, I know the chapter is as well."

— *EO Organisation*

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 honesty about her journey was refreshing and ensured that her presentation was incredibly interesting and most importantly enabled her to connect with the groups she was addressing. 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.

– *Events and CSR Executive, Allianz Ireland*

“From the moment Alison walked on stage to keynote our annual convention, to the moment she walked off, the audience was absolutely captivated. Our event was themed “Transformation” and her insights, vulnerability, and energy aligned with the theme and inspired everyone present. As I looked across the room I saw people emotionally engage with her stories and grounding techniques. (Our executive team continues to use them to manage our stress to this day.) Even those uninitiated in mindfulness practices found her teachings practical for use in daily life. Our audience loved her message and we will be working more with her in the future.”

– *Jared Turner Amare Global*

“YPO St. Louis recently hosted Aly Canavan for an evening of Mindfulness. Her rating was a perfect 10, along with comments from YPO members stating how much they enjoyed the resource. Personally, I've hosted hundreds of events over the course of my 17 year career with YPO. I think Aly is one of the best resources we've ever had. I would highly recommend her to other YPO chapters.”

– *Melanie Meyer, Executive Director YPO St Louis*

“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!”

– *Plancorp*

"Alison was one of my all time favorite YPO speakers. She has a magical presentation style that makes you feel like you are listening to a hilarious old friend while learning about ways to transform your life. She distilled an extraordinary number of wellness ideas into a succinct presentation. I left the evening with a short list of books to read and practices to try. I wish she was a monthly speaker! I would very highly recommend her to any chapter looking for a smart, engaging speaker in the wellness space."

– *Stacy YPO North Texas Dec 2024*