



# Small Tweaks. Big Impact.

Minimize stress and maximize productivity by getting solution-focused faster with daily resilience. After Allison's programs, expect even better performance, stronger mental health and increased confidence when dealing with change, challenge and a never-ending task list.

## Keynotes | Training

Perfect for audiences with intense workloads, lots of responsibilities and high-pressure work cultures.

### Mastering Daily Resilience

Allison's most popular concept that uncovers the difference between stress, obstacles and adversity so that professionals respond differently during the work day to solve problems faster. This reduces worry, lowers stress levels and improves performance while inspiring a more harmonious workplace that effectively deals with obstacles and embraces change.

### Supercharge Your Professional Network

Allison's original program that has been the catalyst for millions in new business and thousands of new connections. Building a strong professional network opens doors, catapults careers and leads to amazing opportunities. In this program, Allison reveals the secrets the most connected people use to meet, bond and inspire trust with others.

"Allison is charismatic, authentic, funny and has a very powerful message with a fresh perspective."

Jocelyn Still, BMO Private Banking

"Allison offers great perspective on how to shift your mind and manage stress effectively.  
Relevant, humorous.

Jackie Mather, HR/Operations  
Zavitz Insurance

"Actionable ideas that resonated. I highly recommend Allison to learn how to better manage personal and professional challenges."

Charlie Charalambous, National Recruiting  
and Retention Symposium



As seen on:

