

RESILIENCY EXPERT, AUTHOR + KEYNOTE SPEAKER

# Bouncing back is a myth. True resilience and hope are found on the path forward.

Let's stop using Band-Aid behaviours to manage stress. Instead, it's time to break the patterns that cause stress and lead to burnout.

Using my methodology, your audience will discover the path to becoming unscathed by daily stressors, more resilient as they face obstacles and more productive if they feel overwhelmed by their workload.

- VIRTUAL OR IN-PERSON KEYNOTES
- LEADER-LED GROUP TRAINING
- ONLINE LEARNING + COACHING

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



Allison  
GRAHAM



ALLISON GRAHAM'S LATEST BOOK

# It's possible to be successful professionally and have a life!

This book is not about "WHEN" you work. It's about "HOW" you work whenever you choose.

Work outputs soar when you strip away barriers to performance and build immunity to destructive stress.

A short, power-packed book to chart a fresh path forward.

Take Back Your Weekends  
Take Back Your Power  
Take Back Your Life!



- **AUTOGRAPHED BULK ORDERS**
- **CUSTOM FRONT PAGE AVAILABLE**

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



Allison  
GRAHAM

**TESTIMONIALS AND CLIENT PRAISE**

“I am so impressed by Allison Graham’s approach to resiliency. Her model is simple, yet profound.”

Dr. Chandlee Dickey, M.D., F.R.C.P.C.

Professor, Department of Psychiatry, Schulich School of Medicine and Dentistry,  
Chair/Chief, Department of Psychiatry

“Allison’s thought-provoking concepts will inspire your resilience. Unique and engaging, Allison connected with our audience relevantly on both career and personal perspectives.”

Tammy Morrison, Chair

Convene Canada: Association of Healthcare Philanthropy

“Allison’s program is much more than a course in resiliency and goes to the heart of leading and engaging team members to unlock their potential during challenging times.”

Don Ludlow, Regional Vice-President

RBC Commercial Markets

- **ADDITIONAL FEEDBACK ONLINE**

---

- **DEMO VIDEOS AVAILABLE ONLINE**

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



*Allison*  
GRAHAM

**SPEECH OPTION 1:**

# Take Back Your Weekends: Stress Less, Do More, Be Happier!

Feel like there's always too much to do, with too little time and too few resources? Wishing you had more time left for what matters most in your life? This session called "Take Back Your Weekends" refers less to "WHEN" you work, and more about "HOW" you work.

Allison Graham will walk you through her signature framework to fundamentally shift how you relate to challenges and your workload. She'll show you how to harness good stress and lower destructive, soul-sucking stress while simultaneously increasing outputs per-hour.

The hope is that you'll leave this session feeling empowered to amplify your daily capacity to do, be and feel and to rise to whatever challenges life throws at you.

Outcomes:

- Understand the difference between tasks, obstacles and adversity and how they feed into each other to empower a feeling of control and hope.
- How to leverage good stress for optimal performance and diminish negative stress.
- How to identify barriers to performance that may unknowingly steal daily capacity and productivity.

**ALTERNATE TITLE:**

**THE PROBLEM-SOLVING METHOD: BUILD RESILIENCE AND AMPLIFY DAILY CAPACITY**

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



*Allison*  
GRAHAM

## SPEECH OPTION 2:

# The Resilience Roller Coaster: Rallying For Success in Uncertain Times

As the world navigates towards a post-pandemic environment, each person has to navigate their own lives at home and work as best they can. World events continue to add extra layers to a culture that already has leaders feeling stressed. While nothing can be done to fix the overall situation, resilience tools and a fresh, more optimistic perspective can make the experience of navigating uncharted territory better.

The result from this session is to feel more hopeful, have a greater understanding of the emotional roller coaster that you and the people around you may be experiencing and to gain some fresh insights that can be used immediately to feel more empowered.

Outcomes:

- Understanding how stress is created and what you can do to reduce destructive stress, even during when things go wrong.
- The different types of challenges we face and how to navigate each more effectively.
- How to feel a sense of control during a time in history that is completely out of your control.
- Easy tips to implement immediately that will allow for a better experience as you navigate challenge and change.

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



*Allison*  
GRAHAM

**SPEECH OPTION 3:**

# Finding Calm, Productivity and Hope in Tough Times

The pace of challenges, change and work intensity won't stop, so we need to change our relationship with all that needs to be dealt with and completed. In this session, I'll share a fresh way to look at all the things you need to do and to do them in a less stressful way. The result is you'll feel more empowered to do, be and feel no matter what's happening that's out of your control.

Outcomes:

- the difference between tasks, obstacles and adversity and how they feed into each other to empower a feeling of control and hope.
- how to amplify your mental, emotional and physical capacity throughout the work week to be even more productive.
- problem-solving obstacles faster to amplify capacity each day

• **KEYNOTES ARE 35 TO 75 MINUTES**

---

• **AUDIENCE INTERACTION AND INTEGRATED Q&A ARE WELCOME**

---

• **OPTIONAL ADD ONS: POST-SPEECH PANEL FACILITATION OR BREAKOUT SESSION**

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



*Allison*  
GRAHAM

**SPEECH OPTION 4:**

# Protecting Your Team's Well-Being: Leading A Resilient Culture

We're working in a time of unprecedented, rapid change. Just as your team adjusts to one issue, shifting needs or the marketplace dictate another. Mastering everyday resilience is a proactive step you can take before change-fatigue sets in and your best leaders burnout.

This program addresses the different ways people react to obstacles and shares fresh concepts to inspire yourself and others to operate in the Resilience-Mastery zone. You'll leave with ideas and inspiration to empower a supportive and productive culture that embraces obstacles, minimizes unnecessary stress and diminishes resistance to change.

Outcomes:

- Leaders will understand the different ways professionals respond to challenges and the benefits / drawbacks of each.
- Leaders will be able to identify their own and their team members resilience style and natural response.
- Leaders will gain fresh insights into how being "too busy" can hinder their leadership results and what to do about it.
- Leaders will learn simple leadership tools to empower team members to complain less, do more and be more innovative when solving problems.

Allison@AllisonGraham.co  
AllisonGraham.co  
647-699-1233



*Allison*  
GRAHAM

KEYNOTE SPEAKER, AUTHOR, MEDIA GUEST AND COACH

# About Allison Graham

As a resiliency expert, author and media contributor, Allison Graham shares her problem-solving framework to build resilience and amplify capacity. She's been engaging audiences since 2006, speaking for Fortune 500 companies, prominent associations and organizations that are dedicated to developing their teams.

Allison's coaching practice serves accomplished business owners and executives who want to cut through the noise of the marketplace and do can do all they do without the typical destructive stress and risk of burnout.

Her latest book, *Take Back Your Weekends: Stress Less, Do More, Be Happier* and the accompanying online course *Take Back Your Weekends* are the answer for frustrated professionals who are looking to build a better, less stressful life!

Other books include *Married My Mom, Birthed a Dog: How to Be Resilient When Life Sucks* and *From Business Cards to Business Relationships* (John Wiley & Sons Ltd).

You may have seen her featured by media outlets like Global News, Investment Executive and Fast Company.

Catch her on Linked In every Monday to Thursday at 3:15PM ET for the Daily Lift Up!

Connect with her at [AllisonGraham.co](http://AllisonGraham.co)

<https://www.linkedin.com/in/allisongraham/>

<https://www.instagram.com/allisondgraham/>

<https://www.youtube.com/allisongraham>

[Allison@AllisonGraham.co](mailto:Allison@AllisonGraham.co)

[AllisonGraham.co](http://AllisonGraham.co)

647-699-1233



*Allison*  
GRAHAM