

Short bio for print and promotion – Allison Graham  
(Intro bio is separate)

Allison Graham works with C-Suite Leaders and their teams to inspire and empower a problem-solving culture. The result is increased productivity, lower levels of destructive stress and minimized risk of burnout and team turnover. Her concepts are proven to build resilience and amplify personal capacity. Her latest book *Take Back Your Weekends: Stress Less, Do More, Be Happier* is giving people across the globe hope that you can be successful and still have a life! You can connect with Allison Graham on LinkedIn where she's most active.

[AllisonGraham.co/linkedin](https://AllisonGraham.co/linkedin)