

Intro Bio Allison Graham 2021

As a resiliency expert, author and media contributor, Allison Graham helps leaders build resilience and amplify their personal capacity.

She's been speaking and consulting since 2006 serving audiences of highly-accomplished professionals. She coaches leaders to do all they do, just without the typical stress and risk of burnout.

You may recognize her from media outlets like Global News, the Globe and Mail, Fast Company and Investment Executive.

She's just released her latest book called *Take Back Your Weekends: Stress Less, Do More and Be Happier!* I've arranged for each of you to receive an electronic copy after her presentation.

Now – here to inspire us as we ride the Resilience Roller Coaster – help me welcome to the virtual stage – Allison Graham!