

ALISON CANAVAN

BIOGRAPHY

Alison Canavan is an international keynote speaker, author and the creator of The Energy Bank Method, a practical framework that teaches people and organizations to spend, save and invest their energy, the one resource everything else runs on.

Her authority is lived as well as studied. She represented Ireland in the Ford Supermodel of the World competition at fifteen and built a twenty-year international modelling career across New York, Paris and London. Behind that outward success she was privately struggling with anxiety, depression and addiction. Her recovery, and the decades of study that followed it, became the foundation of everything she now teaches.

Today Alison brings The Energy Bank Method to corporate stages worldwide, helping leaders and teams understand that how they manage their energy shapes how they think, communicate, perform and lead. Her work draws on mindfulness, nervous system regulation, neuroscience and heart-brain coherence, translated into practices people can use the same day.

She is a UCLA-trained Mindfulness Facilitator through the Semel Institute for Neuroscience and Human Behavior, a Master NLP Practitioner, a HeartMath Certified Facilitator, and the award-winning author of Minding Mum. She has been named among the Top 100 Irish in Business in America and one of the Top 8 Transformational Coaches in the U.S. by USA Today, and received the Woman's Way Mum of the Year award for her leadership in wellbeing.

A pioneer in her field, Alison created Ireland's first one-day transformational immersion, The Full 360, and was among the first to bring meditation to online platforms, making the practice accessible to a far wider audience.

Her blend of storytelling, science and lived experience leaves audiences moved and equipped for meaningful change.