

Alison Canavan

Master Your Energy. Lead with Clarity.

International Keynote Speaker
Founder of The Energy Bank Method®
Author

Alison helps leaders and organizations build the energy, self-awareness, and capacity to meet growing demands without burning out.



ALISON CANAVAN

About *Alison*

Alison Canavan is an international keynote speaker, author, and founder of The Energy Bank Method®, a practical framework for understanding how we spend, save, and invest our most valuable currency: energy. Her work connects leadership, behavioral change, mindfulness, and nervous system regulation to the choices people make every day.

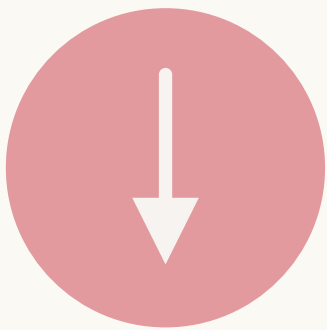
Alison began her career as an international model at 15, working around the world while privately navigating addiction, anxiety, depression, and burnout. Her journey of recovery gives her work depth and honesty. She brings that lived experience to the stage with warmth, humor, practical tools, and a belief that change begins with awareness.

A UCLA-trained Mindfulness Facilitator through the Semel Institute for Neuroscience and Human Behavior, Alison is also a HeartMath Facilitator, Master NLP Practitioner, meditation and breathwork teacher, and award-winning author. She has practiced meditation for more than 25 years.



The Energy Bank Method®

Most organizations try to manage time. Alison teaches people to manage the resource everything else runs on. The Energy Bank Method® asks three simple questions:



SPEND

Where is my energy going, and which patterns are making withdrawals?



SAVE

What helps me regulate, recover, and protect my capacity?



INVEST

Which choices, habits, and relationships create a meaningful return?

Awareness makes it possible to *choose differently.*

Repeated small choices become the practices that support clarity, connection, and sustainable performance.

Signature Keynotes

Leading from Within – Mastering Your Energy

Your energy speaks before you do. In this keynote, Alison explores how a leader's internal state shapes communication, decisions, relationships, and the energy of a team. Through personal stories, science-informed insights, and simple experiences audiences can feel in real time, she introduces The Energy Bank Method® as a way to recognize hidden drains and lead with greater intention.

AUDIENCES LEAVE ABLE TO:

- Identify habits and patterns that quietly deplete their capacity.
- Notice the shift from stress and reactivity toward presence and coherence.
- Use everyday practices to strengthen self-awareness, clarity, and resilience.
- Understand how the energy they bring into a room affects others.

IDEAL FOR:

Leadership conferences, executive teams, sales organizations, and teams navigating change.

From Burnout to Breakthrough – Reclaiming Your Energy

Burnout does not happen all at once. It builds through repeated withdrawals: constant urgency, work without recovery, and the habit of ignoring what we need. Alison brings honesty and hope to this conversation, drawing on her own experience and The Energy Bank Method® to show how people can recognize depletion sooner and rebuild capacity one choice at a time.

AUDIENCES LEAVE ABLE TO:

- Recognize early signs and everyday patterns of depletion.
- Understand how stress and recovery affect energy and performance.
- Practice simple ways to pause, regulate, and set boundaries.
- Choose small, consistent energy deposits that fit real life.

IDEAL FOR:

Organizations facing change fatigue, high pressure, disengagement, or wellbeing challenges.

Interactive Workshop

The Energy Bank Method®

Building Habits for Sustainable High Performance

This workshop moves the message into practice. Through guided reflection, discussion, an Energy Bank Habit Audit, and real-time regulation techniques, participants examine how they spend, save, and invest energy at work and at home. They identify the habits and boundaries shaping their capacity, choose what to start and stop, and build a personal plan they can use immediately.

THE EXPERIENCE CAN BE TAILORED TO

Leadership | Burnout Prevention | Resilience | Change
Team culture | Habits | Wellbeing

AVAILABLE AS

90-MINUTE
SESSION

HALF-DAY
WORKSHOP

FULL-DAY
WORKSHOP

MULTI-SESSION
PROGRAM

Extend the *Experience*

The Currency of Connection *Coin*

A tangible invitation to put the talk into action. Each numbered coin can be passed forward through a conscious act of kindness, appreciation, or service. Its QR code lets people follow the coin's journey and see how one intentional interaction can create a ripple beyond the event.

Coins can be included in keynotes and workshops, with event and corporate options available.

Alison's *5 Minute Journal*

Daily prompts for gratitude, intention, and reflection help participants continue the work after they leave the room. The journal can be incorporated into an event experience, with customized and corporate-order options available.



Recognition and *forthcoming book*

EliteX

Most Impactful Speakers to Follow, 2026

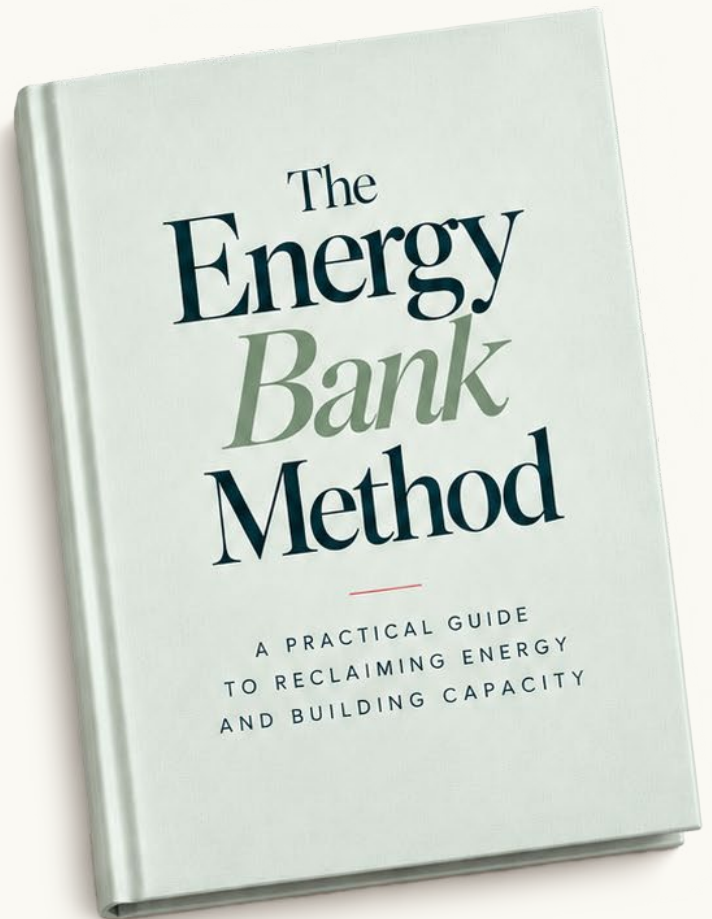
Top 100

Irish in Business in America, 2025

USA Today

Top 8 Transformational Coaches in the U.S.

Alison's forthcoming book,
The Energy Bank Method, brings more
than two decades of study and lived
experience into a practical guide to
reclaiming energy and building capacity.
Coming in 2027.



Selected *Clients*

Google · Deloitte · YPO · EO · MDRT · PayPal · YouTube

Allianz · Coinbase · Bank of Ireland · MedStar Health

Deutsche Telekom · Bristol Myers Squibb

What *Clients say*

“Alison was one of my all time favorite YPO speakers. She has a magical presentation style that makes you feel like you are listening to a hilarious old friend while learning about ways to transform your life.”

— YPO NORTH TEXAS

“From the moment Alison walked on stage to keynote our annual convention, to the moment she walked off, the audience was absolutely captivated.”

— AMARE GLOBAL

“Her rating was a perfect 10... I think Aly is one of the best resources we’ve ever had.”

— YPO ST. LOUIS



Booking

(214) 215-9221 | darrin@powellspeakers.com