

Alison Canavan

Wellness-Speaker Powerhouse

Mindfulness & Energy Expert | Corporate Wellbeing Advocate

ALISON CANAVAN is a wellness speaker who turns stress into resilience and energy into purpose. A former international supermodel, she reinvented her life through mindfulness and integrative health training at UCLA. With a science-backed approach and a captivating presence, Alison empowers audiences to boost performance, strengthen resilience, and create lasting change.



“Alison lit up our annual retreat with a powerful keynote on energy management. She moved us, sparked reflection, and gave us tools we could use immediately.” — *Sonya Pennel, IABBCF President*



💡 Health & Performance

Small lifestyle shifts = big results. Alison teaches simple, science-backed strategies to improve sleep, nutrition, and daily habits — fueling energy, focus, creativity, and productivity while reducing burnout risk.

💬 Emotional Intelligence

Through stories and interactive exercises, Alison equips audiences to manage stress, regulate emotions, and strengthen relationships. Leaders deepen self-awareness and build cultures of trust, empathy, and collaboration.

🌱 Mental Health & Burnout Resilience

Alison breaks down stigma around mental health and shares frameworks to prevent burnout and sustain resilience. She inspires organizations to make mental fitness a priority so employees thrive at work and in life.

“Alison is one of the best resources we’ve ever had. Her rating was a perfect 10 — members loved the experience.”

Melanie Meyer, Executive Director, YPO St. Louis Chapter

Why Book Alison

Alison doesn’t just speak — she creates transformational experiences. She makes complex ideas simple, turns burnout into resilience, and shows how everyday habits become powerful tools for change. Audiences leave inspired and equipped to:

Feel healthier, Think clearer, Lead with purpose