

ALISON CANAVAN

TOPIC DESCRIPTIONS

Keynote: Leading from Within – Mastering Your Energy

The future of leadership begins within.

Today's leaders are navigating constant change, increasing demands, and unprecedented levels of distraction. While most organizations focus on managing time, Alison Canavan reveals a more powerful driver of performance: the ability to manage energy.

In this transformative keynote, Alison introduces the Energy Bank Method—a practical framework that helps individuals understand how they spend, save, and invest their energy. Through compelling stories, science-backed insights, and experiential exercises, audiences discover how their internal state influences how they think, communicate, make decisions, and lead others.

Participants will learn how to recognize the habits and patterns that quietly deplete their capacity, shift from stress and reactivity into greater coherence, and build daily practices that support clarity, resilience, and sustainable performance.

Because energy is contagious, the way a leader shows up has a ripple effect. When leaders become more present, self-aware, and intentional with their energy, they create stronger relationships, healthier cultures, and teams that feel empowered to perform at their best.

Audience takeaways:

- Understand why energy - not simply time - is the foundation of effective leadership and sustainable performance.
- Identify the habits, thoughts, and behaviors that drain energy and diminish capacity.
- Learn practical tools to regulate stress, restore focus, and shift energy in real time.
- Strengthen self-awareness, communication, and emotional resilience.
- Create a personal strategy for spending, saving, and investing energy more intentionally.

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Keynote: From Burnout to Breakthrough- Reclaiming Your Energy

Burnout does not happen all at once. It builds through the small, repeated withdrawals we make from ourselves every day—working without recovery, ignoring our needs, living in constant urgency, and treating exhaustion as the price of success.

In this honest, energizing, and deeply practical keynote, Alison Canavan challenges the culture of constant busyness and reveals a more sustainable way to live and work.

Using the Energy Bank Method, Alison helps audiences recognize the hidden energy drains that contribute to overwhelm, disengagement, and burnout. Participants learn how stress affects the nervous system, why pushing harder is rarely the answer, and how small, intentional changes can rebuild capacity from the inside out.

Blending personal experience, behavioral science, and practical tools, Alison shows that breakthrough does not require changing your entire life overnight. It begins by becoming aware of where your energy is going and making better deposits—one choice, one boundary, and one habit at a time.

Participants leave feeling hopeful, empowered, and equipped to move from surviving their lives to feeling fully present within them again.

Audience takeaways:

- Recognize the early signs and underlying patterns of burnout.
- Understand the relationship between stress, energy, habits, and performance.
- Learn simple nervous-system regulation tools that can be used during the working day.
- Create healthier boundaries without sacrificing ambition or impact.
- Develop small, sustainable practices that restore energy, resilience, and joy.

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Workshop: The Energy Bank Method – Building Habits for Sustainable High Performance

High performance is not built by constantly pushing harder. It is built by creating the capacity to meet life's demands without continually depleting yourself.

In this highly interactive workshop, Alison Canavan brings the Energy Bank Method to life, helping participants examine how they currently spend, save, and invest their energy across their work and personal lives.

Through guided reflection, practical exercises, group discussion, and real-time regulation techniques, participants identify the habits, thought patterns, boundaries, and behaviors influencing their energy each day. They learn how seemingly small choices can either drain their capacity or become powerful daily deposits that support focus, resilience, wellbeing, and performance.

Rather than offering a one-size-fits-all formula, Alison helps each participant develop a realistic, personalized Energy Bank plan that works within the demands of their own life and role.

This workshop can be tailored to address organizational priorities, including leadership, burnout prevention, resilience, change, communication, team culture, and sustainable performance. It is available as a 90-minute session, half-day workshop, full-day program, or multi-session experience.

Participants will:

- Complete a personal audit to identify their primary energy deposits and withdrawals.
- Understand how their habits and internal state affect focus, communication, and performance.
- Practice tools for reducing stress and regulating energy in real time.
- Identify where stronger boundaries and more intentional choices are needed.
- Create a practical action plan built around small, sustainable daily deposits.

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Extend the Impact with Alison's 5 Minute Journal

Alison's **5 Minute Journal** can be incorporated into any keynote, workshop, or conference experience, giving participants a practical way to continue applying what they have learned long after the event.

Grounded in gratitude, intention, and the science of habit formation, the journal provides simple daily prompts that help participants strengthen self-awareness, focus their energy, and turn insight into consistent action. Customized event and corporate-order options are available.

Extend the Ripple with the Energy Bank Coin

The **Energy Bank Coin** can be incorporated into any keynote, workshop, or conference experience, giving participants a tangible reminder that energy is a currency—and every interaction is an opportunity to make a meaningful deposit.

Each coin features a unique QR code that allows its journey to be followed as it is passed from person to person through acts of kindness, encouragement, and connection. Participants can see where their coin travels and witness how one intentional action can create ripples far beyond the original moment.

The Energy Bank Coin transforms the message of the event into an ongoing experience, inspiring people to put what they have learned into action and carry that energy back into their workplaces, families, and communities. Customized corporate and event-order options are available.