



**ALLAN KEHLER**, B.Ed., B.PhEd.

## **Mental Health** **ADVOCATE**

Creating a safe space where people can be **seen, heard, and supported.**

### **When it comes to mental health, silence is not the answer.**

I know first-hand what it feels like to have **lost my voice**, and I also know what it feels like to have **found it.**

I have dedicated my time and energy to strengthen the conversation around mental health so that others don't have to suffer in silence the same way as I did.

I have learned that **vulnerability equals strength.** The more we share, put our walls down, and get real, the more we connect with others and most importantly ourselves.

Together, let's create a safe, compassionate, and supportive environment that proactively addresses issues of mental wellness.

**If you are looking to create a culture of care in your workplace, community, or school, I would love to hear from you.**

[CONTACT ALLAN TODAY](#)

### **Book Allan so you can...**



**Redefine** MENTAL health



**Empower** people to reach out for help in times of need



**Establish** a deeper connection with self and others



**Tap** into the power of listening



**Create** a culture of care

### **As seen in**





Allan is one of Canada's most sought after speakers when it comes to the topic of **mental health**.

His **captivating storytelling** and **practical approach** touches on many critical topics today – including mental health, psychological safety, suicide, substance use, resilience, and wellness.

## Allan's speaking topics

### **Mental Health: Finding Your Voice**

#### **How to stop suffering in silence and create an attitude of resilience**

When it comes to mental health, there are countless barriers that prevent individuals from seeking help. This includes everything from the fear of judgement, or failure to being perceived as lesser than others or weak. Through Allan's message, your audience will learn how to share their own story, step into their vulnerability, and connect to themselves and others in a more authentic way.

### **MENTAL Health: It's Time to Talk**

#### **Discover how vulnerability equals strength**

The relationship between men and mental health has often been referred to as a silent crisis. In an effort to avoid being perceived as weak or vulnerable, many men have a tendency to bury their emotions deep within. This keynote is guaranteed to break the silence surrounding men and mental health, and is a powerful reminder that the time to talk is *now*!

### **Life-changing Mental Health Conversations**

#### **How one teacher can change a student's life in 10 mins**

In this keynote, the audience will become the student by participating in an interactive quiz. Participants will gain an increased understanding of topics including mental illness, self-harm, suicide, substance abuse, and wellness. This presentation is for educators who are looking to strengthen the conversion of mental health in the classrooms, school, and community.

### **Goodbye Stress. Hello Life!**

#### **Reclaim your power and start living for YOU**

Are you someone who wants to exist? Or someone who wants to live? To exist is easy. You navigate through life on autopilot and rarely step outside of your comfort zone. As a result, you are never able to reach your full potential. This keynote will empower you to live. Get ready to take a break from our fast-paced society, and slow down to reflect on your own needs.

## Rave reviews

"Allan Kehler is an inspiration to us all. His honest, heartfelt, emotional and inspirational delivery should be heard by all. I feel lucky to have been able to be part of the 700+ attendees taking part. I laughed and I cried and felt so much better for it. Allan certainly puts everything into perspective."

– **Stephen McRory**, Associate Director Funding & Liquidity Management, Scotiabank, Ireland

"Allan captivated nearly 1,000 of our employees and yet again his passion, energy, and personal story left all of us motivated to create spaces for conversations about mental health. Whether you are able to see him live and in person, or virtual, Allan brings it each time. Truly one of the best when it comes to authentic talks on mental health!"

– **Jeremy Ring**, Senior Manager, Employee Experience, Nutrien

"As a conference designer for close to 30 years, Allan is among the most memorable because his talks have an impact. He exhibits qualities that make for a great experience: He speaks from the heart, he is a great story teller, and he has an important message that everyone should hear. In short, Allan cares and it shows."

– **John Brewer**, Executive Program Developer, Conference Board of Canada

"If you are looking for a speaker with integrity, emotional intelligence and someone who connects with your audience, Allan is your guy! He comes across to his audience with such genuine heartfelt sharing that it draws a person to be an active listener. If you are a supervisor, front line worker, parent or friend, there is a takeaway message. There are times for laughter, emotional self-reflection, and above all, hope for improvement as a team or as an individual."

– **Sandra Cripps**, Chief Executive Officer, SASWH



**If you're interested in discovering how we can create a space where people are seen, heard and supported, let's talk!**

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