



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 Kehler is an international keynote speaker and best-selling author of four books. His **TEDx talk** on men and mental health has gained international attention, and he has shared his captivating story of resilience on more than 1,000 stages.

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

Find Your Voice. Find Your Power.

Prioritizing mental health, safety, and resilience

When it comes to mental health, silence is not the answer, and understanding the power of your voice is the first step in finding true freedom. 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

Redefining what it means to be 'strong'

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. Based on Allan's TEDx talk and best-selling book, 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!*

Goodbye Stress. Hello Life!

Reclaim your power and start living for YOU!

Are you someone who wants to exist? Or, are you someone who wants to *live*? Through an interactive quiz, various hands-on activities, and the exciting game of PieFace, you will recognize the importance of prioritizing your wellness. Get ready to take a break from our fast-paced society and slow down to reflect on your own needs.

Life-changing Mental Health Conversations

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

While attending university, a teacher saw beneath Allan's mask, and changed his entire life through a simple process. Allan shares this powerful approach, and reassures educators that nobody needs to be fixed. This presentation is for teachers who are looking to strengthen the conversation of mental health in the classrooms, school, and community.

Rave reviews

"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**, Former Senior Manager, Employee Experience, Nutrien

"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's keynote for our annual mining safety conference was met with a standing ovation. He took the time to meet with individuals, and his level of engagement and care was truly remarkable. Allan was the highlight of our event, and his captivating presentation style makes him an ideal choice for any audience."

– **Mike Parent**, Vice-President, Workplace Safety North (WSP)

"I first hired Allan to speak at our Safety Seminar in 2014. Since then, we have brought him back several times to share his message of mental health, safety, and resilience. Allan is repeatedly rated by delegates as one of their favorite speakers, and as an event planner I will never hesitate to bring him back! I am certain that Allan's work has saved many lives, and that his continued leadership will save countless more."

– **Ryan Jacobson**, CEO, Saskatchewan Safety Council



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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