



**ALLAN
KEHLER**

Be seen, heard, supported™



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

Mental Health ADVOCATE

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

BIOGRAPHY **ABOUT ALLAN**



Allan Kehler is a mental health advocate, 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 been featured on several television and radio programs. For nearly a decade, Allan instructed various mental health related courses at the college level while also working as an addiction's counselor and clinical case manager.

Today, Allan is a highly sought-after speaker on various topics related to mental health and wellness. He has stood on more than one thousand stages and is recognized for his engaging style and captivating approach. Having persevered through his own challenges with mental illness and addictions, Allan speaks from a place of experience. His moving stories tug on heartstrings, inspire a new perspective, and allow people to connect with themselves and others at a deeper level. He uses humor and compassion to create a safe space where people feel seen, heard, and supported™.

Allan has developed a genuine appreciation and passion for learning and working with Indigenous people and communities. This has played a key role in his own recovery, and these cultural teachings can be found in his presentations. In 2020, Allan and his wife, Tanya, launched Born Resilient™ - a clothing line that empowers people to persevere through their challenges. They are proud to donate a percentage of their profits to organizations that promote wellness.

Allan currently resides in Saskatoon, Saskatchewan. He shares his life with Tanya, four boys, three dogs, and a tank of fish.



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How to create a memorable event and inspire change

Allan’s message can be delivered as Keynotes, Workshops or Breakout Sessions.

Whether you are looking for an intimate group setting or a packed auditorium, Allan will create a lasting impact. He speaks on a variety of topics including resilience, stress, and mental health.

Allan has had the pleasure of working with some exceptional organizations.





KEYNOTE

FIND YOUR VOICE. FIND YOUR POWER. Redefining what it means to be 'strong'



In an effort to avoid being perceived as 'weak', many people bury their emotions deep within. This, in turn, causes individuals to sacrifice their health, safety and future success. It's time to shatter the culture of silence around mental health.

Having experienced challenges with mental illness, addictions and suicide first-hand, Allan shares his captivating story of resilience and hope. Through an interactive quiz, you will learn how to remove your mask, step into vulnerability, and connect to yourself and others in a more authentic way. Vulnerability isn't just about sharing our stories - it's about creating safe spaces where others can find their voice.

While we all have our own challenges, we were not meant to fight our battles alone. Discover how to create a thriving community where people can be seen, heard, and supported.

Takeaways from Find Your Voice. Find Your Power.

- Identify barriers that prevent individuals from seeking help
- Explore the relationship that exists between psychological distress and safety
- Embrace the power of your story
- Learn how to effectively support individuals
- Discover how to create an attitude of resilience
- Receive the 6 commitments to creating wellness in the workplace and beyond





KEYNOTE

GOODBYE STRESS. HELLO LIFE!

Learn how to prioritize your wellness and start living for YOU!



In this fast-paced world, many individuals are being asked to do more with less. Learn how to slow down and create a work-life balance no matter what surrounds you.

Drawing strength from Allan's captivating stories of resilience and hope, you will be inspired to persevere through your personal challenges rather than avoiding or escaping them. After taking an honest look at what lies beneath your stress, you will be guided through a holistic approach towards wellness. Get ready to participate in an interactive quiz, various hands-on activities, and the exciting game of PieFace!

It's time to transform your relationship with stress and reclaim your life. Watch what happens when you stop existing and start living for YOU! Together, let's create a community where prioritizing mental health is celebrated and supported.

Takeaways from Goodbye Stress. Hello Life!

- Examine the difference between existing and living
- Understand the relationship that exists between stress and performance
- Receive tools to manage stress and prevent burnout
- Reflect on your own wellness through the 'Balance Wheel' exercise
- Learn how to stop feeling guilty when prioritizing your wellness
- Explore how to effectively navigate through change





TALKING CIRCLE

TALKING CIRCLE

Creating meaningful connections



The talking circle is a unique way of bringing people together to debrief and process emotions following Allan's message. The circle is a safe, non-judgemental space that allows each individual to be seen while also having the opportunity to be heard.

Allan provides a talking stick and through sharing, participants quickly realize that other members of the circle experience similar thoughts, challenges, and fears. It becomes clear that we are only alone when we choose to be alone.

Learning Objectives:

1. Provide each participant with the opportunity to be seen, heard, and supported
2. Strengthen relationships within a community
3. Create the opportunity for active listening and reflection
4. Retain teachings and build upon them for a long-lasting impact

I fear speaking in front of people more than anything else, but today I saw the importance of talking about my issues. Thanks for showing me that. I was moved by what was shared in the circle and will never forget this experience.

- Marc Robert, Saskatchewan Turfgrass Association





ADDITIONAL VALUE

HOW CAN ALLAN ADD MORE VALUE? Books, Clothing, and More



BOOKS

This option allows for clients to purchase copies of Allan's books at wholesale prices.

Contact Allan for pricing, and to see if a book signing is a good option for your event.



BORN RESILIENT WRISTBANDS

These wristbands provide attendees with a physical reminder of their resilience.

This option is perfect for swag bags, and they are available in five popular colors.



BORN RESILIENT CLOTHING

Products from this inspirational clothing line can be available with five dollars from each purchase going back into the community.

For more information visit WWW.BORNRESILIENT.CA



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RAVE REVIEWS

HEAR WHAT CLIENTS ARE SAYING!

Testimonials



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

Allan was such a captivating speaker that people were still talking about him long after the event. Besides being a naturally gifted speaker, what made Allan so incredible is that he reached out in advance to learn more about our organization and our members. His ability to connect not only to the group, but to actually connect the group with each other was outstanding. I can't say enough about recommending him as a speaker.

- Rob Grimwood, President, Ontario Association of Fire Chiefs

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

- Stephen McRory, Associate Director Funding & Liquidity Management, Scotiabank, Ireland

Agents are still raving about Allan's keynote. He took time to research our company, adapt his speech to our industry, and was a true professional. Allan's delivery and genuine approach made the discussion of mental health applicable, and he made a difference in our Agent's lives and their business.

- Heidi Paranych, CEO, RE/MAX Elite





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I selected Allan to speak twice at CPHR Alberta conferences. His popular, standing-room only presentation “Goodbye Stress. Hello Life!” showcased his excellence as a speaker. Allan is knowledgeable, authentic, inspiring, and he carefully weaves humour into his presentations. He also provides exceptional guidance to HR professionals regarding how to approach and support individuals in the workplace.

- Lyle Toop, Credit Union Deposit Guarantee Corp (AB), Director, Human Resources

Allan addressed nearly one thousand of our employees, and yet again his passion, energy, and personal story left us all 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. He is truly one of the best when it comes to authentic talks on mental health.

- Jeremy Ring, Former Senior Manager, Employee Experience, Nutrien

Allan captivated our employees at BC Hydro with his powerful, authentic, and thought-provoking message. Several employees shared that they had just attended the best one-hour session on mental health in their life. Every person should be required to learn from Allan. So, if you get a chance to bring him into your organization or conference, do it before someone else does!

- Jeff Enns, Area Manager – Bridge/Coastal, BC Hydro

Allan’s keynote was both powerful and timely for our annual mining safety conference. His personal insights into mental health resonated deeply with the delegates and were met with a standing ovation. Allan took the time to meet with individuals while listening to their own stories and concerns. His level of engagement and care was truly remarkable. Allan was the highlight of our event, and his engaging presentation style makes him an ideal choice for any audience.

- Mike Parent, CEO, Workplace Safety North





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