



**City of Fort St John
Fire Department**

9312 93 Avenue | Fort St John, BC | V1J 6T4
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To whom it may concern,

Allan recently presented a workshop to the Fort St. John Fire Department, focusing on men's mental health, stress management, and resiliency. His presentation style and the knowledge that he shared were impactful and deeply meaningful.

Allan's ability to connect with our members was showcased in his personable and relatable nature, enabling him to engage authentically with our team. The workshop created a safe and supportive environment for open discussion, leaving ample opportunity for those to share who wanted to share, and no pressure for those who were not comfortable. His approachable demeanour encouraged many of our firefighters to stay after the session and speak with him one-on-one about their own experiences and mental health struggles—conversations that are often difficult to initiate in our line of work.

The tools and strategies Allan shared during the workshop were practical and insightful. The workshop, being heavily focused on self-awareness, provided an opportunity for our members to identify areas of their own life where they can look to for improvements, prioritizing their physical, mental, emotional and spiritual health. The teachings instill the confidence to better manage stress, address anxiety, and foster greater resilience both on and off the job.

I would not hesitate to recommend Allan Kehler as a speaker, facilitator, or advocate in any organization, especially those looking to prioritize the mental well-being of their teams. His message is powerful, and his delivery is genuine.

Please feel free to reach out to me if you have any questions.

A handwritten signature in black ink, appearing to read "Matt Troiano".

Matt Troiano

Deputy Fire Chief

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