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June 28, 2024

To whom it may concern,

It is with great pleasure that I write this recommendation letter for Allan Kehler, who recently presented a keynote virtually for MCAP on June 28th, 2024, focusing on men's mental health. Allan's presentation was nothing short of remarkable, and I highly recommend him as a keynote speaker for any event centered around mental health and well-being.

From the outset, Allan demonstrated an exceptional level of preparation. His keynote was meticulously crafted, reflecting his deep understanding of the subject matter. Allan's ability to engage the audience was truly impressive. He created an environment where participants felt comfortable, valued, and heard, which is no small feat in a virtual setting.

Allan's vulnerability and authenticity stood out during his presentation. He shared personal stories and experiences that were not only relatable but also deeply moving. These narratives brought his advice to life, making it tangible and impactful for everyone in attendance. Allan has a unique talent for connecting with his audience on a personal level, which facilitated a shift in perspective about the challenges men face concerning mental health.

One of the most significant aspects of Allan's keynote was his ability to create a safe space for dialogue and community building. He fostered a sense of unity and support among attendees, encouraging open discussions and mutual support. This sense of community is invaluable, especially in conversations about mental health, where vulnerability and openness are paramount.

Allan Kehler's keynote was a powerful, engaging, and transformative experience for all who attended. His expertise, coupled with his ability to connect on a human level, makes him an outstanding keynote speaker. I wholeheartedly recommend Allan for any future speaking engagements on mental health and well-being.

Sincerely,

Lee-Ann McEllister, Director Sales