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RE: Allan Kehler Keynote Speaker

Allan joined us for a management meeting in June as a keynote speaker. He was recommended to us by another Co-op, and we felt having a presentation on mental health was a great fit for our meeting. When I connected with Allan in regard to booking, he was so easy to work with and setting up the contract and preparations were effortless. He was also great in understanding our needs and what we were hoping to accomplish with our group.

When it came to the day of our meeting, Allan was nothing short of spectacular. His keynote presentation was so positively received by our management group, and it resonated personally with so many. Mental health can be a heavy subject, but Allan was able to engage our Team with his gifted abilities to share a story mixed with humour. Allan did not share just any story though, it was his own journey in navigating his mental health. Hearing such a personal story and sharing his own experiences is what really helped Allan engage the group.

This presentation really worked for our management team as we wanted to have more discussions on mental health and bring awareness to our managers personally. Allan was able to mix in some self-reflective exercises that encouraged thinking about our own mental health and checking in with ourselves. However, what Allan was also able to accomplish, was to share with the group how we as managers impact the mental health of our teams and how we can better support our employees who may be struggling mentally.

I have no doubt that Allan could make an impact in front of any group in any industry. His presentation was such an enormous success that we look forward to welcoming Allan back to our Co-op in the future. I would highly recommend him to anyone looking to bring more awareness to mental health and addiction in their organization.

Thank you again, Allan!

Miranda Copeland
Director of HR
New Horizon Co-op