



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

**TRUSTED LEADER ON**  
**Mental Health**  
**and Resilience**  
**IN THE WORKPLACE**

Creating a safe workplace isn't complicated  
— it's intentional.

**BIOGRAPHY**

**ABOUT ALLAN**

Allan Kehler is a leading voice in mental health, resilience, and workplace wellness. Known for his powerful storytelling, Allan draws on his personal journey through mental illness, addiction, and suicide to deliver keynotes that are as impactful as they are relatable. Having spent years as a college instructor, addictions counselor, and clinical case manager, Allan offers not only heartfelt authenticity but deep professional insight, making his message resonate across every level of an organization.

With over 1,000 keynotes delivered across the globe, Allan has become a trusted resource for organizations seeking to create mentally healthy and high-performing workplaces. His TEDx talk on men and mental health has gained global traction, and his five best-selling books have further positioned him as a thought leader in the field.

Allan's presentations offer more than inspiration, they provide tangible tools to reduce stigma, strengthen emotional intelligence, and promote connection. He uses humor and vulnerability to create safe spaces where people feel seen, heard, and supported™.

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.



**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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