



**ALLAN
KEHLER**

Be seen, heard, supported™



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.



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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.



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KEYNOTE OR WORKSHOP

SELF-CARE ISN'T SELFISH - IT'S ESSENTIAL

Reclaiming wellness in a demanding world



As dedicated professionals, you're constantly showing up, stepping in, and offering support for others. But in the process, it's easy to forget one critical truth: You matter too.

This is your invitation to slow down, reconnect with yourself, and explore how caring for your own well-being makes you even more powerful in your work. Through Allan's deeply human stories of resilience and healing, you will be guided through a holistic approach towards wellness. Get ready to recharge with a mix of reflection, laughter, and connection - including an interactive quiz, creative hands-on activities, and the unforgettable fun of PieFace!

This isn't just a talk—it's an experience. When you stop merely existing and start living for YOU, everything changes. Taking care of yourself is part of taking care of others, and when you thrive, your community does, too.

Takeaways:

- Examine the relationship that exists between stress and performance
- Explore practical strategies to manage stress and reduce burnout
- Reflect on personal wellness through the 'Balance Wheel' exercise
- Reframe self-care as a necessity, not a luxury
- Commit to actionable steps toward a more purposeful and empowered life





KEYNOTE

FIND YOUR VOICE, RECLAIM YOUR POWER.

Shattering the silence on mental health



For many individuals, silence has become a survival tool. People hide their pain, fearing that expressing emotion might be seen as weakness. However, while silence might offer short-term protection, it also creates long-term barriers to personal healing and connection.

In this powerful and deeply personal keynote, Allan challenges the cultural myths around mental health, resilience, and emotional expression. Drawing from his own lived experience with mental illness, addiction, and suicide, Allan empowers people to find their voice and step into their power. He shares an unfiltered look at what it means to live behind a mask—and what it takes to finally remove it.

This isn't just a talk about mental health - it's a call to action. Get ready to build communities where every voice matters, every story is honored, and healing is possible. We all face battles, but none of us were meant to fight alone. Together, we are stronger.

Takeaways:

- Identify barriers that prevent individuals from reaching out for help
- Receive practical strategies to create spaces where people can find their voice
- Recognize that vulnerability is not a weakness, but a form of courage that leads to healing
- Discover how to create an attitude of resilience
- Learn how storytelling can break stigma and strengthen community connections





RAVE REVIEWS

HEAR WHAT CLIENTS ARE SAYING!

Testimonials



More than one thousand people heard Allan's unforgettable presentation at our employee mental health and strategy campaign. We've received numerous testimonials from our team members, praising his delivery, expertise, and authenticity. Allan's contribution will help create a safer, more supportive, and inclusive work environment, promoting mental health awareness and encouraging open conversations. He certainly left a lasting impact on our employees.

- Toyin Onayemi, Corporate Health, Safety and Wellness Consultant, Government of Saskatchewan

Allan's captivating opening keynote on mental health not only established the perfect tone, it became the heartbeat of our entire conference. Witnessing his insightful perspective and compelling personal story was nothing short of phenomenal. The positive ripple effect of his message continued throughout the event, fostering a sense of connection and empowerment among participants that extended beyond the confines of the event.

- Veronica Cunningham, Executive Director/CEO, American Probation and Parole Association

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's keynote was nothing short of extraordinary. His powerful message moved us in ways that are hard to put into words. He spoke with such honesty and passion, and it struck a chord with our attendees in ways they were still reflecting and talking about long after his keynote was over. Allan didn't just deliver a keynote; he created a safe space for our attendees that resonated with them, made an impact and a difference. It was an honor to have him on our program.

- Paula Lerash, Director of Education and Events, Texas Chemistry Council



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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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