



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. Renowned 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.

With a background as an addiction's counselor, clinical case manager, and post-secondary instructor, Allan blends professional insight with lived experience. His presentations challenge audiences to rethink mental health, strengthen human connection, and cultivate safer, healthier, and more productive workplaces.

Having delivered over one thousand keynotes 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 best-selling books have further positioned him as a thought leader in the field.

Allan's work extends beyond inspiration. He equips audiences with practical strategies to reduce stigma, enhance emotional intelligence, and foster meaningful connection. Through a blend of vulnerability, humor, and compassion, he creates environments where individuals feel seen, heard, and supported™.

In 2020, Allan and his wife, Tanya, co-founded Born Resilient™, a clothing brand designed to inspire perseverance and hope. 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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