



SPEAKING PACKAGE



**ALLAN
KEHLER**

Be seen, heard, supported™



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

TRUSTED LEADER ON

Mental Health and Resilience

IN HIGH-PRESSURE WORKPLACES

Transformative keynotes and workshops that reduce burnout, enhance productivity, and strengthen psychological safety

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 lives in Cranbrook, British Columbia, with his wife, their four sons, and three dogs who serve as his daily reminder that some of the best therapists have four legs.



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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

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 and push forward, fearing that vulnerability will be mistaken for weakness. While silence may offer short-term protection, it also creates long-term barriers to personal healing, safety, and connection.

In this powerful and deeply personal keynote, Allan challenges the cultural myths around mental health and emotional expression. Drawing on his lived experience with mental illness, addiction, and suicide, Allan empowers others to find their voice and step into their full potential. 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 create a culture where every voice matters, every story is honored, and positive change is possible.

Takeaways:

- Identify barriers that prevent people from reaching out for help
- Learn how to recognize and support individuals in distress
- Engage in conversations about suicide confidently and compassionately
- Create an attitude of resilience
- Apply the 6 commitments to build a healthier, more supportive workplace





KEYNOTE OR WORKSHOP

RECLAIMING WELLNESS IN A DEMANDING WORLD

A roadmap towards renewed energy, balance, and clarity



In this fast-paced world, we are often being asked to do more with less. 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 workplace does, too.

Takeaways:

- Examine personal habits and coping strategies that affect overall well-being
- Explore practical strategies to manage stress and reduce burnout
- Assess your current state of balance through a guided self-reflection activity
- Strengthen meaningful connections with yourself and others to build trust and enhance team performance





RAVE REVIEWS

HEAR WHAT CLIENTS ARE SAYING!

Testimonials



Allan delivered a powerful and deeply impactful keynote at Ohio Safety & Expo where more than 9,000 safety professionals and business leaders gathered to learn and advance workplace safety. Allan has a rare ability to connect with audiences through authenticity, vulnerability, and purpose. He created a meaningful experience that resonated far beyond the stage, and I would highly recommend him to any organization that wants to motivate audiences to take action.

- Sandi Golden-Vest, Superintendent, Office of Safety Service, Ohio Bureau of Workers' Compensation

Agents are still raving about Allan's keynote. He took time to research our company, adapt his speech to our industry, and was a true professional. Allan's delivery and genuine approach made the discussion of mental health applicable, and he made a difference in our Agent's lives and their business.

- Heidi Paranych, Former CEO, RE/MAX Elite

Allan's captivating opening keynote 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.

- 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



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ADDITIONAL VALUE

HOW CAN ALLAN ADD MORE VALUE? Books, Clothing, and Merchandise



BOOKS

This option allows for clients to purchase copies of Allan's books at the wholesale price.

* No additional cost for optional book signing.



BORN RESILIENT WRISTBANDS

These wristbands provide attendees with a physical reminder of their resilience. With wholesale pricing, this option is perfect for swag bags. They are available in two sizes and five popular colors.



BORN RESILIENT CLOTHING

Products from this inspirational clothing line can be purchased in advance for every participant or as giveaways.

For more information visit WWW.BORNRESILIENT.CA



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