



Alison Canavan

AUTHOR · INFLUENCER · MENTAL HEALTH ADVOCATE

Workforces are exhausted in a way that engagement surveys do not always pick up. Stress, burnout and low-grade anxiety are now operational risks, showing up as attrition, absence, and quiet disengagement. Most wellbeing programmes still treat this as a benefits issue rather than a daily practice problem inside the working day.

Alison Canavan is a UCLA-trained mindfulness facilitator and corporate wellbeing coach who helps organisations reduce stress, burnout and disengagement through practical daily practices their people will actually use.

Alison Canavan's 2026 Biography

Why organisations work with Alison Canavan

- She turns wellbeing from a benefits line item into something employees do during the working day. Her signature 5-Minute Journal practice and short mindfulness routines are designed for people who say they have no time for wellbeing.
- She brings a UCLA Semel Institute mindfulness credential into rooms that would otherwise be sceptical of meditation language, which gives HR and people leaders a defensible programme to stand behind.
- She built a structured wellbeing series for an airline, Aer Lingus, on a workforce known for shift fatigue and circadian disruption. That kind of operational application travels well into other shift-heavy and high-pressure environments.
- She speaks from a lived recovery narrative, postnatal depression, addiction, single parenthood, without turning the talk into therapy. Audiences disclose more honestly afterwards, which is what HR teams say they need.
- She is comfortable with both a 200-person town hall and an executive offsite, which matters for organisations rolling a single wellbeing voice across multiple formats.

Biography highlights

- UCLA-trained Mindfulness Facilitator, Semel Institute of Neuroscience and Human Behavior
- Author of Minding Mum: It's Time to Take Care of You, published by Gill Books, Ireland
- Master NLP Practitioner, HeartMath facilitator, and graduate of the Irish Institute of Nutrition and Health (Advanced Diploma in Diet and Nutrition Therapeutics)
- Creator of the Wellbeing in the Skies series for Aer Lingus

AVAILABLE FOR

- Speaking

ALISON'S SPEAKING THEMES

- Employee Wellbeing
- Health & Wellbeing
- Hybrid & Remote Work
- Mental Health in the Workplace
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

- Corporate keynote and workshop work cited with Google, YouTube, Deloitte, Coinbase, Allianz, Bank of Ireland, PayPal, Bristol Myers Squibb, Deutsche Telekom and Vitality
- Regular contributor to Irish broadsheet and broadcast media on mental health and wellbeing, including The Sunday Independent and Ireland AM

Biography

Most wellbeing programmes inside organisations underperform for the same reason. They treat stress and mental health as a benefits category rather than something that happens minute by minute during the working day. Alison Canavan's corporate work is built around closing that gap.

She trained as a Mindfulness Facilitator at UCLA's Semel Institute of Neuroscience and Human Behavior, and combines that with practitioner-level work in NLP, HeartMath and nutrition. The point of stacking those disciplines is practical. Different parts of a workforce respond to different entry points, and her programmes are designed to give people a route in that does not require them to call it meditation if they do not want to.

Her book *Minding Mum*, published by Gill Books in Ireland, established her early authority on postnatal mental health and self-care. The corporate work has since broadened into stress, burnout, anxiety, hybrid working pressure, and the slow erosion of attention that senior teams now describe as their biggest people problem. Her *Wellbeing in the Skies* series, built for Aer Lingus cabin crew, is one example of a structured programme designed for a workforce that cannot easily step away from the job to look after itself.

What audiences tend to take from her sessions is not a concept but a habit. The 5-Minute Journal practice she teaches is the most cited example. It is short enough to survive a real working week, which is the only test that matters for workplace wellbeing content.

Key speaking topics

- Workplace mental health and burnout
- Mindfulness and daily practice for high-pressure teams
- Stress, anxiety and recovery
- Hybrid working and return-to-office wellbeing
- Self-leadership and emotional regulation
- Resilience and sustainable performance
- Postnatal mental health and parental wellbeing

Ideal for

- CHROs and heads of people designing the next iteration of their wellbeing strategy
- Wellbeing, DEI and employee experience leads commissioning company-wide programmes
- Operational leaders of shift-based or high-pressure workforces (airlines, healthcare, financial services, contact centres)
- Leadership offsites and senior team meetings where stress and personal capacity have become a strategic conversation

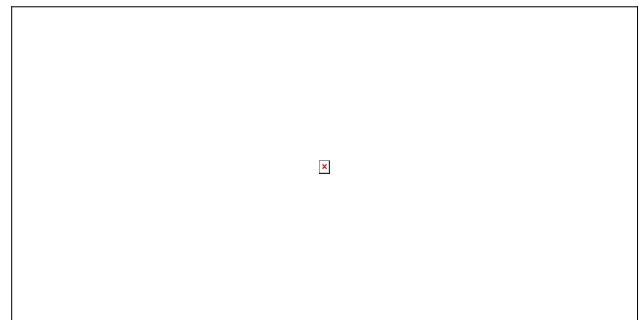
Audience outcomes

- A daily practice, anchored in the 5-Minute Journal method, that survives

a real working week

- A clearer language for stress, burnout and anxiety that employees and managers can actually use with each other
- Specific techniques for nervous system regulation that work in the gaps between meetings
- A more honest conversation about mental health inside the room, which most HR teams report as the single hardest thing to engineer

Alison Canavan's Videos



What Alison Canavan's clients say

Alison was scheduled to present ways to practice self-care via mindfulness. Unbeknownst to her, her audience was a multigenerational mixture of skeptics and receptive team members who are analysts by trade. She completely engaged the audience through her use of media, team exercises and animated narrative. Even months after the event, team members are still talking about her successful event and using the diaries that she created to further instill the principles of mindfulness. In fact, a few have suggested that they wished that she would come back on a regular basis! We highly recommend her, especially to gain tools to better insulate employees from burnout, COVID weariness and, above all, fear!

Plancorp

Thank you for choosing such an amazing speaker today. She was incredible. I got stopped by almost every person that left with the same sentiments. Many said that this was one of the best events they have ever been to. I am grateful to have heard her message today; and, I know the chapter is as well.

EO St. Louis

YPO St. Louis recently hosted Aly Canavan for an evening of Mindfulness. Her rating was a perfect 10, along with comments from YPO members stating how much they enjoyed the resource. Personally, I've hosted hundreds of events over the course of my 17 year career with YPO. I think Aly is one of the best resources we've ever had. I would highly recommend her to other YPO chapters.

YPO St. Louis

From the moment Alison walked on stage to keynote our annual convention, to the moment she walked off, the audience was absolutely captivated. Our event was themed "Transformation" and her insights, vulnerability, and energy aligned with the theme and inspired everyone present. As I looked across the room I saw people emotionally engage with her stories and grounding techniques. (Our executive team continues to use them to manage our stress to this day.) Even those uninitiated in mindfulness practices found her teachings practical for use in daily life. Our audience loved her message and we will be working more with her in the future.

Amare Global

Alison has been a fantastic addition to the Allianz Active & Aware programme. Her enthusiasm and passion for Health and Wellbeing was palpable from the moment she arrived. Her honesty about her journey was refreshing and ensured that her presentation was incredibly interesting and most importantly enabled her to connect with the groups she was addressing. Her presentation style is effortlessly engaging, exuberant and infectious, and most importantly inspirational as she demonstrates how everyone has the ability to take control of our wellbeing destiny.

Events and CSR Executive, Allianz Ireland

I want to thank Alison so so much! It was simply wonderful – so much powerful information. Her energy and enthusiasm was infectious. Please thank her for us, we are incredibly grateful.

Coinbase

I first met Alison on the 'Walk In My Shoes' fundraising and awareness project. Ali was a rock of good sense and committed to sharing her story with anyone who needed help or could help. She has an intuitive personality and a need to open things up for discussion until she understands all aspects of the issues. Ali is a doer and I am grateful that she has given so much of herself to raise awareness for mental health issues in Ireland.

Adam Clayton

U2

Alison joined us for the final day of our annual three day off site meeting to help us focus on personal development. Alison's session was at once practical in terms of steps we can take to balance home life and work life, but in truth it delivered much more...introspection, self-reflection, emotion and motivation. It was real, tapped into our investment in our people in a genuine way and allowed us to look at our development as people rather than employees. It hit exactly the right note and at the right time. I would highly recommend Alison if you are open to honesty, sincerity and looking after your team beyond what the 'job' provides them.

CEO, KYNE

Alison Canavan's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Asia Pacific	Please enquire	Please enquire	Please enquire
Europe	Please enquire	Please enquire	Please enquire
Middle East & Africa	Please enquire	Please enquire	Please enquire
South America	Please enquire	Please enquire	Please enquire
United Kingdom	Please enquire	Please enquire	Please enquire
US East Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
US West Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Virtual	Under €12000	Under £10,000	Under \$15000