

Intro Bio Allison Graham 2023

Allison Graham works with leaders to build daily resilience and amplify their personal capacity to create space for what matters most.

She's been speaking and consulting since 2006 serving audiences of highly-accomplished professionals. She coaches leaders to do all they do, just without the typical stress and risk of burnout. Her clients describe her as a dose of tough love wrapped in an empathetic hug.

You may recognize her from media outlets like Global News, the Globe and Mail, Fast Company, Investment Executive, and CTV's Your Mornings.

Her last book *Take Back Your Weekends* is inspiring professionals across the globe to stress less while doing more; and her next book *The Stress Illusion: Defy the Lies that Keep You Stressed* is expected to fundamentally shift the conversation around society's approach to stress.

Now – here to show us how to free personal capacity to create space for what matters most – please help me welcome - Allison Graham!