

# Make Stress Your Superpower!

Create harmony in the workplace, reduce high-intensity stress and build stronger relationships, so you can optimize performance.



## Allison Graham

**Expert on workplace resilience and profitable relationship development.**

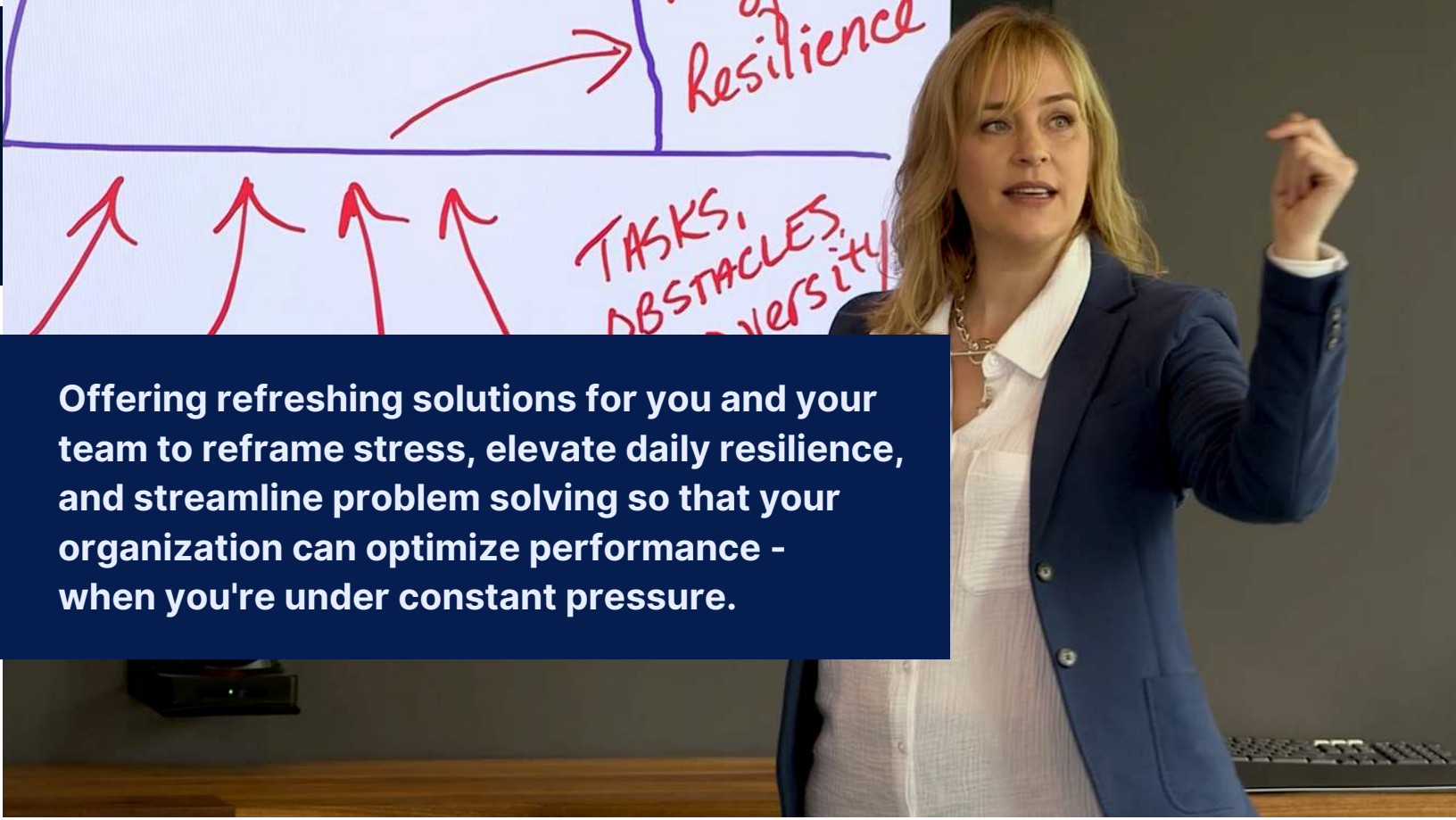
Training Summary 2024

"Allison Graham's model is simple, yet profound."

Dr. Chandlee Dickey,  
Chair/Chief Department of Psychiatry  
Schulich School of Medicine and Dentistry



allison@allisongraham.com  
647-699-1233



Offering refreshing solutions for you and your team to reframe stress, elevate daily resilience, and streamline problem solving so that your organization can optimize performance - when you're under constant pressure.

*Some of the Clients I'm Proud to Have Served*



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## COMMON REASONS THAT CLIENTS CHOOSE TO WORK WITH ALLISON

The leadership is proud of their teams and the way they have handled the many changes and challenges over the last several years and wants to reward them by providing professional development opportunities.

There are upcoming changes such as software implementation, a merger, or downsizing, that are anticipated to cause friction for the team. Leadership wants to embed a resilience mindset and problem-solving tools to mitigate resistance to change.

Management is looking for a way to infuse inspiration and protect productivity and performance as there is an increasing risk for interpersonal friction, department silos, and internal politics.

Leaders and employees face a lot of change and are exhausted from having to constantly adapt. Performance is struggling because mental health is struggling.

It feels like days are spent putting out fires rather than being strategic about how to invest limited personal capacity and organization resources.

The company culture pendulum has swung too far - either to embrace hustle culture or to be too accommodating and a solution that respects business metrics and wellness is needed.

There are growing signs of burnout among the leadership team and employees. A once engaged and optimistic organization is becoming more pessimistic. The goal is to stop negative momentum before stress leaves and resignations are inevitable.

## WHAT TO EXPECT WHEN WORKING WITH ALLISON GRAHAM

- Confidentiality
- Stress-free logistics
- Reliable communication
- Customized programming
- Judgment-free zone for learning
- Objective problem-solving
- Fresh concepts

1. Choose program
2. Confirm dates
3. Pay activation deposit\* to secure program
4. Confirm priorities 1-2 weeks prior to session
5. Debrief session and determine next steps

\*50% non-refundable activation deposit is required within 10 days of booking to secure program. Balance is due the date of session. Programs scheduled within 30 days of booking are paid in full within 10 days of booking. For ease, a 2% fee reduction is offered when 100% of the invoice is paid on a single invoice as part of the deposit fee for engagements happening 31 days or further from time of booking.

# TRAINING SESSION OPTION 1 [IN-PERSON OR VIRTUAL]

## **MAKE STRESS YOUR SUPERPOWER!**

A FRESH PERSPECTIVE TO RETHINK STRESS, REDUCE INTERPERSONAL FRICTION, AND SUPERCHARGE YOUR RESULTS WHEN THE PRESSURE IS ON!

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Challenges and external stressors are inevitable in today's working environment. What's not inevitable is feeling burned out, frustrated and exhausted at the end of each workday. It is possible to unlock more capacity for key priorities and to do what you do, just without the typical angst!

In this session, workplace-resilience expert Allison Graham will share her simple strategies to minimize interpersonal friction and gain a sense of control during intense crunch times.

Stress isn't all bad, and when you learn how to use it to your advantage instead of having it exhaust you, it has the power to optimize your performance!

### **You'll leave this session with:**

- A framework to quickly identify the three types of challenges that can cause stress and the best approach to effectively address each.
- The elements of good, empowering stress that can increase productivity and performance and how you can integrate this throughout the workday to maximize efficiencies and performance.
- The three elements that contribute to the kind of stress that takes you out of your optimal performance zone and how to neutralize them so that they don't disrupt performance and problem-solving objectivity.

### **PERFECT FOR:**

PROFESSIONALS SUCH AS CONSULTANTS, INVESTMENT BANKERS, LAWYERS, ACCOUNTANTS, C-SUITE LEADERS, BUSINESS OWNERS, PROJECT MANAGERS, MIDDLE MANAGERS, SALES REPS, EMPLOYEE GROUPS AND ADMINISTRATORS. THOSE WHO EXPERIENCE CRUNCH TIMES OR PROLONGED PRESSURE

### **DELIVERY OPTIONS:**

KEYNOTE, BREAKOUT, WORKSHOP, + ADD ONS: PANEL FACILITATION, ONLINE COURSE, DEBRIEF WEBINAR, ARTICLES, GROUP COACHING, BOOKS

### **AT RISK OF BURNING OUT OR KNOW SOMEONE ON YOUR TEAM WHO IS? DON'T QUIT! REIGNITE YOUR SPARK INSTEAD!**

REMOVE FRICTION FROM YOUR WORKDAY, SUPPORT OTHERS TO DO THE SAME, AND GET MORE DONE IN LESS TIME – EVEN WHEN RESOURCES ARE LIMITED!

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#### **PERFECT FOR:**

PROFESSIONALS SUCH AS CONSULTANTS, INVESTMENT BANKERS, LAWYERS, ACCOUNTANTS, C-SUITE LEADERS, BUSINESS OWNERS, PROJECT MANAGERS, MIDDLE MANAGERS, SALES REPS, EMPLOYEE GROUPS AND ADMINISTRATORS. THOSE WHO EXPERIENCE CRUNCH TIMES OR PROLONGED PRESSURE

#### **DELIVERY OPTIONS:**

KEYNOTE, WORKSHOP, COMPANY RETREAT, WEBINAR + ADD ONS: PANEL FACILITATION, FOLLOW-UP DEBRIEF WEBINAR, ONLINE COURSES, GROUP COACHING, BOOKS

As a professional, you face intense pressure every day. When you constantly have too much on your plate, it may feel like escaping the daily grind by quitting is the only option. There is a better way to deal with the tough stuff and unending workload that can cause unnecessary destructive stress, steal your daily capacity, and make you feel unhappier than you want to be.

In this session, workplace resilience expert Allison Graham will share fresh strategies to shift your perspective of all that's happening around you, so that you can stop feeling like you're spinning in society's destructive-stress cycle and maximize productivity and bottom-line results.

#### **You'll leave this session with:**

- Strategies to feel better and still maintain the high intensity work that you love by shifting your relationship with stress and resilience rather than quitting!
- A clear path to minimize destructive stress so that the day's activities do not steal so much of your available resources.
- A strategy to address different challenges that arise each day in a way that gives you a sense of control even in times that are clearly out of your control.

### STREAMLINE PROBLEM SOLVING FOR INEVITABLE OBSTACLES AT WORK

CREATE HARMONY IN THE WORKPLACE AND OPTIMIZE PERFORMANCE  
WHEN THE PRESSURE WON'T STOP!

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**PERFECT FOR:** LEADERSHIP TEAMS, MIDDLE MANAGERS  
EMPLOYEE GROUPS (WHEN THE TRAINING IS WITH THE LEADERSHIP OR AFTER LEADER TRAINING IS DONE)

**DELIVERY OPTIONS:**

TRAINING WORKSHOP, LEADERSHIP RETREAT, VIRTUAL PROGRAM, FACILITATED PROBLEM-SOLVING SESSIONS

In business, problems are inevitable. Rather than shying away from daily obstacles and letting them negativity impact productivity and team culture, let's inspire your team to address issues directly and effectively so they can get back on track ASAP!

When a team is under constant pressure, it's hard for even the most talented professionals to stay optimistic and perform at their best. With a fresh perspective, it's possible to minimize interpersonal friction within organizations and unlock more capacity to focus on key priorities.

In this program, workplace-resilience expert Allison Graham, shares her systematic way to neutralize negativity and quickly address obstacles. Using her proven, easy-to-apply, common-sense strategies, clients are empowered to deliver high-quality work in less time, and be happier while they work!

After implementing the concepts in this training, clients have reported: **resolution of a specific problem identified in the facilitated session, increased personal responsibility among the leadership team, higher workplace satisfaction scores, and increased customer retention rates due to faster ticket-closure speeds.**

In this interactive session, Allison will share:

- A framework to quickly identify the three types of challenges that can cause stress and the best approach to effectively address each.
- The three elements that take you out of your optimal performance zone and how to neutralize them so that they don't disrupt performance and problem-solving objectivity.
- A common language to streamline problem-solving so you and your colleagues can alleviate extra pressure and focus on priorities.
- A process to resolve conflicts and remove interpersonal friction internally so that you can focus on serving customers and growing the company.

# 12-WEEK TRAINING PROGRAM [COMBO IN-PERSON & VIRTUAL]

## ELEVATE PERFORMANCE AND PRODUCTIVITY WHILE OPTIMIZING WORK SATISFACTION SCORES AND OVERALL WELL-BEING

CREATE HARMONY IN THE WORKPLACE AND OPTIMIZE PERFORMANCE WHEN THE PRESSURE WON'T STOP!

**PERFECT FOR:** LEADERSHIP TEAMS, MIDDLE MANAGERS  
EMPLOYEE GROUPS (WHEN THE TRAINING IS WITH THE LEADERSHIP OR AFTER LEADER TRAINING IS DONE)

**DELIVERY:**  
SIX 90-MINUTE TRAINING SESSIONS SCHEDULED AT 2-3 WEEK INTERVALS.

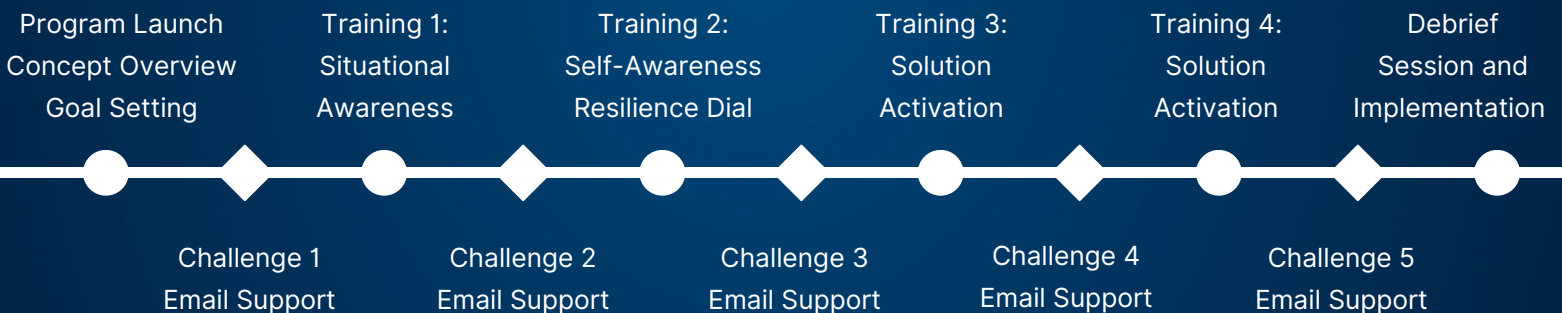
For teams committed to optimizing performance and honoring well-being, this training program has transformational and lasting impact.

In each session, Allison Graham will share another framework that will build on the last. Between each session, participants will be challenged to practice the insights and return to the next session prepared to debrief their experiences. This approach ensures the application of the material.

This training program can be added after a keynote, leadership retreat, or workshop, or can be chosen as a starting point for our work together. The results are the same, just more wide-spread and have a longer lasting impact.

After implementing the concepts in this training, clients have reported:  
**lower absenteeism and stress leaves, higher workplace satisfaction scores, increased customer retention rates due to faster problem-solving, less internal friction, a more refreshed, committed workforce, and a more optimistic culture.**

### Participants Learn the Problem-Solving Framework and Support Implementation with the Rapid-Fire Resilience Rundown



### **THE FRESH PERSPECTIVE WE ALL NEED RIGHT NOW**

"Allison Graham is a massive boost of fresh oxygen from the stage."

*- Richard Ruppell, Fairmont Hotels and Resort, CanSPEP*

### **RESULTS THAT LASTED**

"Allison's keynotes offered inspiration and results that lasted long after her speech was done. For example, one of the many stories of impact included, after hearing Allison speak, a leader on my team self-identified as being caught in the victim trap, recognized her tendency to complain too much, took responsibility for her negative contribution to team dynamics and committed to practicing Allison's formula."

*- Sébastien Fauvel, MBA, Hiring, Onboarding & Engagement  
BMO Financial Group*

### **ALLISON'S TRAINING GOES TO THE HEART OF LEADERSHIP**

"Allison's program is much more than a course in resiliency. It goes to the heart of leading and engaging team members and helping to unlock their potential in challenging times. Many of our leaders said it was some of the most practical and inspirational training they had experienced in years."

*- Don Ludlow, Regional Vice-President  
RBC Commercial Markets*

### **ALLISON GRAHAM'S MESSAGE HONORS THE BALANCE OF CLIENT DEMANDS AND PERSONAL WELL-BEING**

"Allison's message was very well received and made an impact. It was topical and relevant to our management team. Her sessions continue to resonate with our team as they balance their personal well-being along with the daily client, team and office demands."

*- Chirag Shah, CPA, CA, MBA Managing Partner  
Southwestern Ontario | PwC*

### **FASTER, BETTER PROBLEM-SOLVING FOR OUR MANAGERS AND LEADERS**

"Allison Graham challenged us to think differently, be curious and to ask the right questions so that as leaders and managers we can help our staff be more aware of the real problems and point the way toward solving problems faster."

*- Glen B Davies, Hon. B.A., M.A.  
C.A.O., Town of Gravenhurst, Ontario*



## ALLISON GRAHAM: BACKGROUND AND SOURCE OF EXPERTISE

Allison Graham is a dedicated advocate for helping ambitious professionals enhance their performance, productivity, and profitability while prioritizing mental and emotional well-being. As a renowned keynote speaker, consultant, and author, she empowers individuals worldwide to re-evaluate their approach to stress, emphasizing not just its management but its prevention.

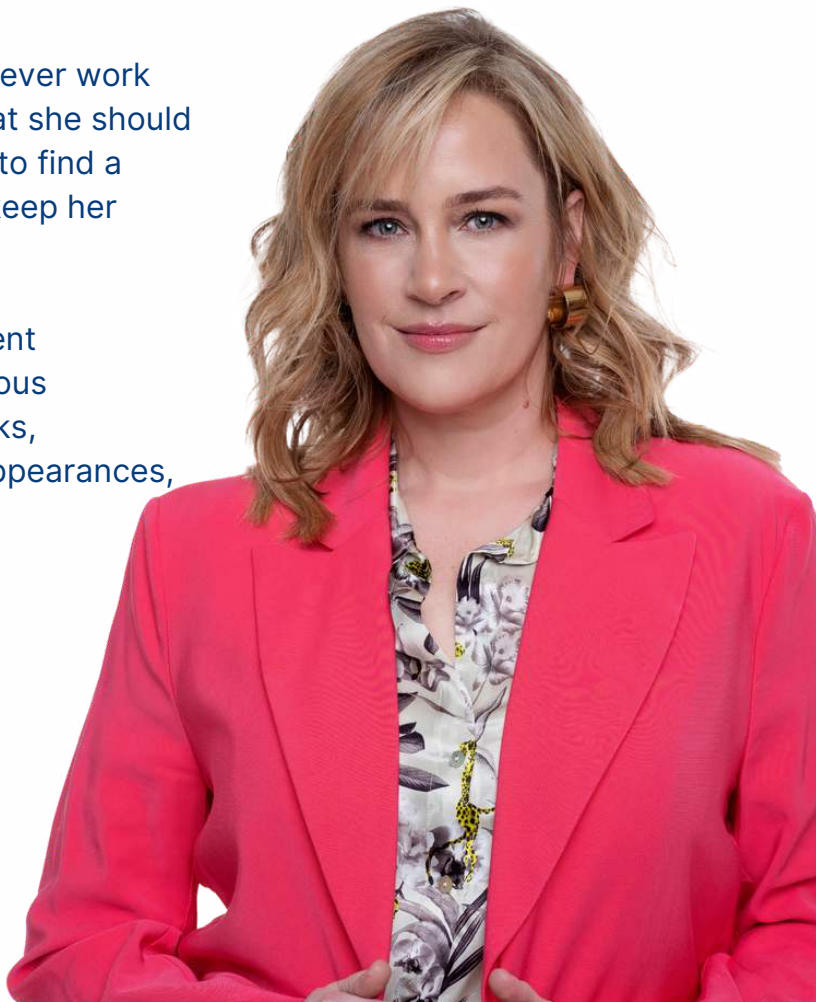
Allison Graham has authored several books, including '**Take Back Your Weekends: Stress Less, Do More, Be Happier**' and '**From Business Cards to Business Relationships: Personal Branding and Profitable Networking Made Easy!**' Her upcoming book, '**The Stress Illusion: Defy the Lies Making Life Harder Than It Needs to Be**, is already creating a buzz as a game-changer in the stress conversation.

Prior to launching her consulting and speaking practice in 2006, Allison worked as an executive director of a mental health organization, as a newspaper columnist and an avid volunteer serving on various non-profit boards. Behind the scenes of her thriving career, she struggled with grief and chronic post-surgical nerve pain, and burnout.

When her doctor told her that she would never work full-time again because of her pain and that she should go on disability, Allison began her journey to find a better solution to manage her stress and keep her business alive, despite the struggle of her physical limitations. Frustrated by typical, often trite resilience and stress management advice, Allison gathered insights from various modalities to formulate her own frameworks, which she shares through books, media appearances, coaching, and speaking engagements.

As her speaking and consulting practice grew, she realized that most of her clients had their own story of adversity behind their public smile. She decided to add her fresh take on resilience and stress to support her clients as they grew their networks and businesses.

The rest, as they say, is history.



# BOOKS AND ONLINE COURSES

