



Untangle the Mess of Stress. Reclaim *Capacity* to Lead.

The talent is there; the bandwidth is not. Capacity IS the strategy. Because every priority depends on having it.



“Allison Graham goes to the heart of leading and engaging team members to unlock their potential in challenging times.”

Don Ludlow
Regional Vice-President
RBC Commercial Markets

You're already resilient. You know what you're supposed to do to manage stress. And your organization has invested in preventing burnout. So why are you and your leadership team still drowning in your workdays?

Because resilience and stress management are only part of the Capacity Equation.

Being overwhelmed isn't a performance flaw. It's not even a reflection of potential. It's simple math: too many demands, too few resources, and only one you. That reality won't stop, but the destructive stress can.

After 19 years working with leaders, I've found the pattern is universal. It's not the issues and heavy workload that drain capacity; it's the human dynamics wrapped around them that make work harder than it needs to be.

The frameworks I've created untangle the mess of stress. Instead of operating by default, my clients operate by design. Same issues; less angst. That's Capacity Design. It's how you reclaim breathing room in your workdays and build the foundation for a high-performance culture.

GRATEFUL TO HAVE SERVED INCREDIBLE CLIENTS SUCH AS THESE



SIGNATURE KEYNOTE

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Days are a blur. Pressure is intensifying, change is accelerating, and the systems that worked before are failing you now. Even when you implement the most obvious stress-management advice, you're not finding relief.

And yet, through it all, you still love your work; you just hate the stress.

This is not a 'you' problem; it's a math problem. There's just too much to do, too few resources, and only one you. That's your capacity equation, and it's fixable.

In this keynote, capacity design consultant Allison Graham reframes the conversation around stress, resilience, and what it really takes to right-size your capacity equation.

You'll leave with techniques to free bandwidth, so you stress less, do more of what matters most, and are happier while you're doing it.

CORE TAKEAWAYS

The Capacity Equation

A clear understanding of your personal capacity. Discover what steals it, how to reclaim it, and the truth behind fixing the math.

The Challenge Continuum

A framework to untangle the three types of challenges that impact your capacity, and the best way to deal with each.

The Reframe Effect

A powerful approach to use in real-time to reclaim capacity and lead with more breathing room in your days.

WORKING WITH ME IS SIMPLE

1. Check availability. Holds can be placed for 10 business days.
2. Confirm logistics.
3. Make a deposit to secure your date.
4. Done! Let's make this an incredible engagement.





I learned the hard way. Max *capacity* can't last.

Built from experience;
designed for yours.



A life-altering medical condition forced me to confront my overloaded schedule. I didn't want to slow down or be less ambitious. I wanted success despite my personal limitations.

Traditional advice frustrated me. I refused to believe my hopes hung on platitudes like "do less" and "add more self-care" sprinkled with a little "stop taking things so personally." There had to be a better solution.

I dug deeper. Eventually the rabbit holes connected to reveal a universal truth: it's not the problems that cause the stress and drain capacity; it's the human dynamics we wrap around the issues that make life harder or easier.

Intuitively, I knew that to be true; so did my clients. The disconnect was doing something about the tangled mess in the thick of the pressure.

So I designed systems to make that possible for me and for them. Now, the frameworks I developed have been tested and proven time and time again. They are the foundation of every program I deliver.

IDEAL AUDIENCE

I work best with experienced professionals who are ready for a deeper solution. They love their work, but are feeling the weight of it.

Think senior leaders, management teams, partners, and business owners. These are professionals with autonomy over their days and real influence over others. They don't need to be told to work harder and they definitely don't need another pep talk with platitudes.

My most engaged clients are open to challenging the status quo of stress management and need an approach that respects the complexity of the load they carry.

If your audience leads, decides, and influences, or is quick to say, "been there, done that," then we're likely a great fit.

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