



ALLISON GRAHAM  
CAPACITY CONSULTANT | KEYNOTE SPEAKER

## SPEECH DESCRIPTION

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

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.

You'll discover:

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 quickly reclaim capacity and lead with more breathing room in your days.

## SOCIAL LINKS

[AllisonGraham.com](https://www.allisongraham.com)

<https://www.linkedin.com/in/allisongraham/>

<https://www.youtube.com/allisongraham>

<https://x.com/allisondgraham>

## DOWNLOAD HEADSHOTS

[AllisonGraham.com/planner-hub](https://www.allisongraham.com/planner-hub)



# ALLISON GRAHAM

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### SHORT BIO

Allison Graham is a capacity design consultant, keynote speaker, and author who works with experienced professionals to untangle the mess of stress and reclaim capacity to lead.

You may have seen Allison on stages across North America, in Chicken Soup for the Soul, and featured by media outlets such as CTV's Your Morning, Breakfast Television, the Financial Post, and SUCCESS Magazine. [AllisonGraham.com](http://AllisonGraham.com)

### LONGER BIO

Allison Graham is a capacity design consultant, keynote speaker, and four-time author who works with experienced professionals and their teams to untangle the mess of stress and reclaim capacity to lead.

Prior to opening her consulting and speaking practice, Allison worked as a newspaper columnist and ran a small organization that provided mental health support services.

A life-altering medical condition forced her to confront her own overloaded life. She didn't want to slow down or be less ambitious; she wanted success despite her personal limitations.

Frustrated by traditional advice, Allison became obsessed with understanding the truth behind human capacity: what drains it, what protects it, and how to get it back. The insights she discovered became the foundation for her work that has transformed the way thousands of professionals approach their toughest days.

You may have seen Allison on stages across North America, in Chicken Soup for the Soul, and featured by media outlets such as CTV's Your Morning, Breakfast Television, the Financial Post, and SUCCESS Magazine.

Based in Southwestern Ontario, Canada, Allison delivers systems, not platitudes, for leaders and their teams who are ready to dig deeper and fix their capacity equation.

Connect with Allison at [AllisonGraham.com](http://AllisonGraham.com)



## TECH DETAILS

To ensure a smooth and impactful presentation, please arrange the following:

### All Events

- wireless lapel microphone
- projector with HDMI input
- slide clicker with fresh batteries
- small table on stage for laptop and water

### Small Groups Add

- 2 flip charts or large whiteboard
- markers (that work!) in a minimum of two colors

### Please Note:

- Allison does not use a podium. If one is present on stage, please ensure it's moved so it doesn't obstruct the audience's view.
- Allison travels with her Mac, HDMI dongle, timer, and extension cords. All sessions are recorded for internal review purposes.
- Photography and video recording are welcome during the event. Please provide high-resolution copies to Allison following the event. Confirm this with your photographers and A/V professionals in advance.
- Distribution of session recordings beyond the live event requires a separate licensing agreement.
- Upon request, keynote slides are available up to 48 hours in advance of the event. The preference is to load slides directly the day of the event when possible.



Allison Graham is a capacity design consultant and the author of four books including *Take Back Your Weekends: Stress Less, Do More, Be Happier*.

She works with professionals to untangle the mess of stress and reclaim capacity to lead. You may recognize Allison from *Chicken Soup for the Soul*, *SUCCESS Magazine*, the *Financial Post*, or *Breakfast Television*.

Today, Allison will share a fresh approach to stress, resilience, and what it takes to succeed in a demanding career without burning out.

Please welcome to the stage... Allison Graham.