

# **Alison Canavan**

## **Intro Script**

Alison Canavan is a UCLA-trained Mindfulness Facilitator from The Semel Institute of Neuroscience and Human Behaviour. She runs a successful private practice as a Health and Wellness coach and delivers motivational talks all over the world - specialising in behaviour change, mental health, addiction and improving your mindset.

Alison was a successful international model for nearly two decades and in recent years has devoted her time to her greatest passion: the achievement of true health and wellbeing for herself and others.

In her work she shares tools and training that help people connect, go within and create lasting change through intuition and everyday small behavioural changes. This means looking at the body, mind, spirit, our environment and the quality of our relationships.

Please help me welcome Alison Canavan!