

Alison Canavan

Topic Descriptions

The Mindful Path to Better Living

As a mindfulness teacher, Alison believes that awareness in all areas of our lives creates space for change. Until we fully accept who and where we are in this moment, we can't take steps on the path to where we would like to be. Bringing mindfulness gently into all areas of your life helps to bring trained awareness to the forefront, empowering you to make better decisions, become less reactive, less stressed and more content. Alison shares key tools and starting points for people focusing on her mantra that; 'small changes done consistently bring about lasting differences in our lives'. This session includes mindful tips to gratitude, sleep and stress management.

Addicted to Life

As a recovering addict, Alison has managed to build a new life of deep gratitude, presence and awareness helping her to live her life to the fullest potential. She believes that this way of living is possible for everyone. In this talk, along with her own personal story, she looks at our addicted culture to phones, work, busyness and stress to name just a few. How we use substances like alcohol, pills and drugs to escape our daily pain and why we need to learn to look at our pain from the inside out. Addiction is disconnection from ourselves, each other and the world around us. Alison shares some simple tools and insights on reconnecting with ourselves through simple mindful practices like walking in nature, gratitude, journaling, eating well and much more.

Wake Up and Be Free

True freedom comes from within. It comes from listening to your own guidance system and following your feelings. In this talk, Alison looks at our emotional health and why she encourages all emotions being welcomed to the party of life. By connecting with our emotions, we can begin to heal different aspects of ourselves that we have suppressed over time. When we avoid life, we become disconnected and suffer with a dis-ease of body, mind, spirit or all three. Having suffered with chronic anxiety and depression for nearly 20 years, Alison not only talks from experience but has also studied and worked with 100's of people in her private practice. When we wake up to our true potential, freedom awaits. The greatest prison in this life is the one our mind creates and in this talk Alison looks at the importance of catching your thoughts to help free your mind and not believing everything you think. She also looks at how we can train our mind to think differently using various mindfulness and gratitude practices.

BREAKOUT SESSIONS/WORKSHOPS

The Full 360 Workshop: Live Better, Feel Better

The full 360 approach to health and wellbeing encourages people to look at all areas of their lives and not just one or two. Alison shares tools and techniques that help people connect, go within and create lasting change through intuition and everyday small behavioural changes. Alison firmly believes that real wellness can only truly be achieved when we connect the dots, taking a full 360 approach with our own health and wellbeing. This means looking at body, mind, spirit, our environment and the quality of our relationships.

This workshop will bring guests through different, fun techniques including mindfulness, gratitude, self-care tips and what effect our food has on our mood. Alison will also talk about looking at our toxic load and the products we use on a daily basis both in the home and on ourselves. Most women put on average 168 - 515 chemicals* onto their skin each day. This has a very strong and negative effect on our overall health and wellbeing and something Alison is passionate about spreading the word on.

The Full 360 event helps attendees make small changes that will give them the confidence to follow their dreams and to believe in themselves. Small changes make a big difference.

**Alison customizes a 44-page workbook, which should be shared with each workshop attendee. Printing costs are separate from speaking fees.

Workshop topics include:

- Stress
- Meditation/Mindfulness
- Breathing
- Eating well and what that means
- Gratitude
- Daily happiness habits
- Joining the dots with your health and wellness
- Movement
- Mindset – how to change it
- Energy and vibration – what is it and how you can keep yours high