

Intro Bio Allison Graham 2022

As a resiliency expert, author and media contributor, Allison Graham helps leaders build resilience and amplify their personal capacity.

She's been speaking and consulting since 2006 serving audiences of highly-accomplished professionals. She coaches leaders to do all they do, just without the typical stress and risk of burnout.

You may recognize her from media outlets like Global News, the Globe and Mail, Fast Company and Investment Executive. Most recently you may have saw her segment on Coping Fatigue on CTV's Your Mornings.

She's just released her latest book called *Take Back Your Weekends: Stress Less, Do More and Be Happier!*

Now – here to inspire us to stress less and while doing more and being happier – help me welcome - Allison Graham!