

# **Alison Canavan**

## **Bio**

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 on health and wellbeing, 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.

She is the Ambassador for Walk in My Shoes alongside Adam Clayton and Brent Pope, which is a national awareness and fundraising campaign empowering people across Ireland with mental health difficulties for St. Patrick's University Hospital for Mental Health. She chaired and spoke at the Barnardos Parental Mental Health Conference in Ireland and at The Mindful Life Conference in Washington. She has lectured in Trinity College on the module of Motherhood and Mental Health.

Alison has a weekly wellness column called 'NIRVANA' in The Sunday Independent and a column in Positive Life Magazine. She has featured on the cover of leading US published Mindful Magazine, one of America's leading publications. She has contributed to numerous publications through the years including You Magazine, VIP Magazine, The Daily Mail - on topics related to mindfulness, stress, pregnancy, parenting and much more.

Alison is passionate about human potential and helping people to reach theirs. Having attained a graduate distinction in Nutrition and Health Coaching from Irish Institute of Nutrition and Health, Advanced Diploma in Diet and Nutrition therapeutics, Raw Foods Mastery level 3 from The Life Change Health Institute, she is poised to deliver "The Full 360" approach to health and wellbeing, encouraging people to look at all areas of their lives and not just one or two. 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 makes it easier and more manageable to change habits and try new things.