



# Ally Meyers

WORKPLACE WELL-BEING ADVOCATE,  
TRAINER AND SPEAKER

Ally Meyers is a certified Executive and Positive Psychology Coach and Yale-certified expert in the Science of Well-being. She specializes in the teaching of science-backed strategies that enhance workplace well-being and engagement.

Creator of the FLOURISH@WORK™ framework, Ally designs corporate workshops and training programs that equip professionals with practical tools to manage modern stressors and thrive both personally and professionally.

“I’m tired of the blame game. Organizations and employees must take a collaborative approach to well-being in order for both to flourish.”

-ALLY MEYERS

## SIGNATURE TOPICS

**FIVE TO THRIVE:** Educate your team or audience with the essential “Building Blocks of Resilience”, and learn how to recognize and mitigate the chronic stressors affecting our modern working lives.

**FLOURISH@WORK™:** Empower your managers with the tools they need to lead thriving teams. Through understanding and integrating the key Building Blocks of Resilience, leaders improve long-term team well-being and engagement.

## WHAT CLIENTS ARE SAYING:

“Ally presented to our emerging leaders and HR staff, an engaging and science-based approach to managing stress. The entire audience was captivated!”

**ANN D, HUMAN RESOURCE MANAGER  
CONFERENCE ATTENDEE**

“This was an incredible experience for our team! The tools were accessible and easy to incorporate. We left feeling inspired and recharged. A truly transformative session!”

**SUSAN G, CEO OF PAPERKITE  
EMPLOYEE RETREAT HOST**



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