

# ally meyers

EXECUTIVE & POSITIVE PSYCHOLOGY COACH AND SPEAKER



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## BIOGRAPHY

Observing the declining state of mental health in a world of non-stop news, work-life overlap and distractions galore, Ally began noticing how the small stressors were compounding and leading to burnout and dissatisfaction in our professional and personal lives. She became committed to making a positive impact on emotional wellbeing, obtaining an Executive Coaching certification from the Coaching and Positive Psychology Institute. She also received her Yale Science of Wellbeing certification, and is a recent graduate of RISE, Kripalu Center's work-life resilience program.

Ally lives in Saratoga Springs, New York with her four sons and husband.

## SIGNATURE WORKSHOP & KEYNOTE

By intentionally incorporating simple strategies and habits into our routines, we can build resilience into our every day lives, protecting us from life's constant micro-stressors and inevitable unknowns. Plus, research shows that people who are happier are better problem solvers and are more creative and productive.

"Five To Thrive" can be presented as a keynote or workshop, and outlines the key building blocks of happiness, packed full of evidence-based research from the leading scientists who study happiness and human flourishing. These fundamentals, alongside a customizable toolkit of activities, leave individuals feeling empowered and ready to make the changes necessary to thrive, both personally and professionally. Topics include:

- The stressors of modern living
- Daily habits & strategies to prevent burnout
- Using positive emotions to help problem solve
- Training the brain to manage negativity
- Creating a growth mindset for resilience
- Work / life importance of social connection
- Customizable toolkit of activities
- Ideas for organizational implementation

“Ally presented at an event I attended yesterday and I cannot say enough good things about her presentation. It was really what I needed to take a step back and think about many different aspects of my professional and personal lives.”

-Debby G, Albany County Convention and Visitor's Bureau

five  
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