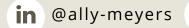
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EXECUTIVE & POSITIVE PSYCHOLOGY COACH AND SPEAKER





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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 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
 Customizable toolkit of activities
- Training the brain to manage negativity
- Creating a growth mindset for resilience
- Work / life importance of social connection
- 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

