

## Biography

Having persevered through his own mental health issues and substance use, Allan Kehler has learned valuable life lessons that have guided him on an incredible path of success. Allan is one of Canada's most sought-after speakers when it comes to the topic of mental health and wellness. He has stood on more than 500 stages and is recognized for his engaging style and captivating approach.

Allan's professional experiences include instructing various mental health related course at several colleges. He also spent years working as an addiction counselor and clinical case manager. Drawing from both professional and personal experiences, Allan confidently conveys how to create a safe, compassionate, and supportive environment that proactively addresses issues of mental wellness. He offers a unique style to effectively speak to these very sensitive issues using humor, compassion, and authenticity.

Allan is a best-selling author of four books, and his writing has been published in countless national magazines. He has also been featured on several television and radio programs, yet it is his recognition as a professional speaker that has gained Allan the most national attention.



Allan has developed a genuine appreciation and passion for learning and working with Indigenous peoples and communities. He spent the majority of his teaching career instructing the Mental Health & Wellness program at the Saskatchewan Indian Institute of Technologies, and shares his powerful message on reserves across Canada. These cultural teachings have played a key role in his own recovery, and a holistic approach towards healing can be found in his presentations.

Allan currently resides in Saskatoon, Saskatchewan. Here, he shares his wonderful life with his beautiful wife, four boys, four dogs, and a tank of fish.