

INTRODUCTION

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 dynamic and captivating approach.

Allan left teaching after more than a decade to focus on speaking and writing on various topics related to mental health. He is the bestselling author of four books, and his writing has been featured in numerous national magazines. Allan lives in Saskatoon, Saskatchewan with his wife, four boys, four dogs, and a tank of fish.