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Alan Mallory

Leadership, Teamwork, Health and Safety Expert

"By integrating his many years of innovative leadership and project management experience with captivating mountaineering and adventure stories, I create a powerful and unforgettable journey for his audiences" - Alan Mallory



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Language Spoken

English

Travel's From

Toronto, Ontario

Speaker Biography:

Alan Mallory is an international keynote speaker, author and professional development trainer who is passionate about leadership and human performance. He studied engineering at Queen's University and has worked all over the world as a mechanical engineer and project manager but his true passion is in working with people to reach new heights in the way we think and the actions we take. Alan has always had a keen interest in discovering what drives us to do what we do and how we can use this knowledge to improve our lives and the lives of those around us.

As a keynote speaker and leadership coach, Alan Mallory delivers a number of exciting presentations and training programs that are all about embracing and working through challenges as well as exploring the skills and mindsets that allow great leaders and committed teams to achieve breakthrough performance. Alan Mallory integrates his many years of innovative leadership experience with captivating mountaineering and adventure stories to create a powerful and unforgettable journey for his audiences.

Alan Mallory is also a college professor, avid adventurer and outdoor enthusiast. He enjoys many different activities but his favorite activities are those spent out in the wilderness and those that involve strategy and problem solving. He speaks English and Spanish and loves to travel the world and explore new places.

In the spring of 2008, Mallory and his family set a world record as the first family of four to reach the summit of Mt. Everest. It was a two-month expedition through some of the most terrifying and arduous conditions imaginable but to finally reach the end goal was an incredible feeling. He offers a number of exciting keynotes and interactive sessions focused on building leadership capacity and strengthening teams by reinforcing the professional development skills that are essential for conquering one's own Everest, whatever that may be.

Mallory's presentations are a stunning visual and emotional journey that bring the audience along on the amazing venture. They are supported by many of the vivid photos and short video clips captured along the grueling quest to the top. The Mallory family's story is as exciting as it is terrifying as they fought their way through the many perils that the world's highest peak had in store for them.

Alan Mallory is a gifted speaker who speaks regularly around North America and beyond. His stories and stage presence are captivating and the visuals that compliment his speaking make the entire experience a rewarding and memorable one for his audience. He specializes in developing great leaders by establishing and reinforcing the professional development skills and mindsets that are essential for success. His true passion is in working with people to reach new heights in the way we think and the actions we take. Alan Mallory has always had a keen interest in discovering what drives us to do what we do and how we can use this knowledge to improve our overall health and happiness.

Alan's engaging presentations and interactive training programs help organizations and individual contributors achieve breakthrough performance. By integrates his many years of innovative leadership experience with captivating mountaineering and adventure stories, Alan create a powerful and unforgettable journey for his audiences.

Topic Presentations

Safety and Risk Management

Alan's safety programs are not about avoiding risk altogether, they are about studying and thoroughly understanding the safety challenges so that risks can be identified, minimized and controlled for safe and successful results.

Learning Objectives:

- Safety planning, preparation and establishing procedures
- Agile practices in risk identification and management
- Incorporating lessons learned from the past in your industry
- Contingency planning and developing response strategies
- Root cause analysis and preventative action

Mental Health

Mental health is one of the biggest challenges that we face in today's society. Alan has had his own journey with mental health and his programs combine personal experience with researched insights, to help others understand their journeys.

Learning Objectives:

- Identifying internal struggles and challenges
- Mental health stigma and discrimination
- Understanding stress, anxiety and phobias
- The influence of technology on mental health
- Identify mental health in others
- Establishing a healthy, supportive environment

Leadership

Effective Leadership in today's society requires a shift in mentality to embrace more agile and collaborative approaches that empower people, leverage technology, instil confidence and boost performance.

Learn Objectives:

- Empowering your team and earning individual commitment
- Agile practices and current global trends in effective leadership
- Result-based vs task-based leadership frameworks
- Leading with integrity and making a positive, lasting impact
- Innovation in leadership practices to drive purposeful change

Coaching and Motivation

Motivating and developing others is an art that requires a unique skill set and adaptation of various techniques. For leaders and managers, coaching skills are essential in order to effectively identify strengths, transfer knowledge and empower others.

Learning Objectives:

- The importance and impact of coaching for teams and individuals
- Tools and techniques for motivating and engaging people
- Effective coaching communication strategies
- Distinguishing characteristics of outstanding coaches
- Common coaching mistakes and how to avoid them

Building Trust

Alan's dynamic programs on building trust highlight the tolls and essential steps that are involved in developing a level of trust in professional relationships. This is the foundation of effective teamwork and a collaborative, transparent work environment.

Learning Objectives:

- The importance and advantages of building trust
- Fostering an environment that encourages trust development
- Strategies, tools and techniques for building trust
- Gaining Team member alignment and commitment
- Open and Transparent communication without placing blame

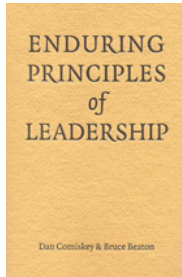
Team Building

Developing healthy professional relationships between team members is essential for clarifying roles, breaking down barriers, gaining alignment on team goals and effectively collaborating to find innovative solutions.

Learning Objectives:

- Building strong interpersonal relationships
- Responding quickly and efficiently to issues that arise
- Health competition and effect collaborating
- Improving group morale and identifying individual strengths
- Overcoming adversity and resolving interpersonal conflicts

Books



The Family That Conquered Everest

Climbing Mount Everest is one of humanity's greatest feats of physical, emotional and psychological endurance. In 2008 Alan Mallory and his family took on the challenge and became the first family of four to set foot on the summit of the world's highest peak. It was a two-month journey filled with emotion, loyalty, adventure and terror. From staggering across ladders spanning seemingly bottomless crevasses and fighting exhausting bouts of altitude-related sickness to climbing through a blizzard in the dead of night and almost losing two family members' lives, every segment of the climb was an exhilarating and unforgettable challenge.

This particular expedition is a fantastic example of the importance of strong family values and maintaining a deep level of trust between team members. The

that prepared the Mallorys to take on such a challenge, and explores the key traits that are essential for a safe and successful outcome to any team endeavour.

Testimonials

“The Ontario Hospital Association has had the privilege of featuring Alan Mallory as the closing keynote speaker at four of our conferences thus far and we could not be more pleased with the feedback we have received. Alan is a dynamic and engaging speaker who captivates the entire audience with his inspiring message and stage presence. The profound impact that Alan made was evident by the laughter and tears expressed by many of the attendees at different points throughout his presentation. We could all relate to the deeply human experience of wrestling through the hardships and sorrows we are faced with and the feeling of triumph and satisfaction when we finally succeed. It has been a pleasure working with Alan and I highly recommend him to any organizations looking for a great speaker to energize, inspire and ensure a successful event”

- Iva Stankovic | Program Manager | Ontario Hospital Association

“We were very fortunate to have Alan Mallory give two inspirational Presentations to our residents here at The Salvation Army Meighen Manor. One presentation was on July 15th, 2015 “Climbing Mount Everest” and the other one was an Inspirational Presentation on August 12th, 2015. Alan told the story of his family’s journey climbing Mount Everest, together, with great passion. Alan was well prepared, did not use notes and could easily adapt to the specific needs of the audience: in this case elderly seniors. He set up his power point on time and the residents totally focused on Alan and his magnificent slides of the track to the top of Mount Everest. His inspirational message that “every accomplishment starts with the decision to try” resonated with everyone in the room. Marvelous story, truly inspirational!”

- Adrienne Osborne | Coordinator of Recreation and Volunteer Services | The Salvation Army Meighen Health Centre

“Alan Mallory was a key note speaker at our professional development workshop. He provided a magnificent pictorial presentation (including some video) outlining the challenges of the preparation and climb to the summit of Mount Everest. Alan described how a RACI chart can help teams to overcome roadblocks, face internal challenges, and continue towards a common goal. It was an incredible presentation highlighting the importance of strategic planning, goal setting and teamwork, to overcome adversity. He tailored his presentation to meet the needs of our group and focused on the importance of building trust, explaining the advantages that teams have once trust is established. It was a pleasure working with Alan and I would recommend him to any group looking for an inspirational speaker.”

- Jacqueline Pontin | National Director, President | The Association of Administrative Assistants

“Alan is engaging. At first I was a little leery about an Everest Climb being used in a Project Management workshop but I quickly understood the relevancy. Alan used his families quest to the top of the world as a way to engage the room and I would recommend his presentations to anyone, especially to Project Managers planning difficult projects and managing the risk involved. I was sold 5 minutes into his presentation”

- Charles Latschislaw, SCMP, CIM, PMP | PMI Manitoba | Operations Manager, Eastern Prairies | ATCO Structures & Logistics

Please accept my sincere thanks to you, on behalf of the Lakehead Chapter of PEO, for agreeing to travel to Thunder Bay and presenting on your (and your family’s) great adventure of climbing to the

summit of Mt. Everest. For me, it was certainly an eye-opener as to the amount of preparation, cost and amount of gear required for this project. The other part of the presentation that blew me away was the sheer number of dangers you had to overcome: potential

for avalanches and sudden severe winter storms, potential for falls into crevasses, climbing over precariously-mounted ladders with spiked boots, having to repeatedly climb up and down parts of the mountain to build up hemoglobin levels, an oxygen level so low near the summit that failure of the oxygen tank would mean certain death, and the exhaustion necessitated by the last stretch of the climb to the summit and how that can fatally blur reality for climbers. Your pictures and video clips were helpful to visualize the hardships you had to endure, and the stories illustrating the climb made the presentation a pleasure to listen to.

- Larry A. Westlake, P.Eng. | PEO Lakehead Engineering & Technical Conference

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