

# NLOWE 2021 ANNUAL CONFERENCE

In Newfoundland and Labrador *women mean business.*



## Alison Butler

Alison Butler Consulting

Workshop Presenter

April 21 | 10:00 AM (NDT)

## 10 Ways to Create Time for Wellness in Your Busy Day

Alison has 15 years of experience as a conference and event speaker and loves engaging with audiences and sharing ideas.

In 2017 Alison experienced her own mental health challenges and decided that there were not enough working professionals, entrepreneurs and mothers talking about mental health. She started the process to expand her existing consulting business and in 2019 became a Certified Mental Health First Aid Trainer through the Mental Health Commission of Canada.

Alison has a Bachelors degree in Marketing and Communications and a Masters degree in Employment Relations. She is very interested in employee wellness, health, safety and inclusion and is passionate about creating conversations around mental health and wellbeing.