ON A HIGH NOTE



An upbeat and educational program exploring the internal, external and interpersonal factors that connect individuals and inspire effective teams

“Engaging, gifted speaker”

– Wendy Zufelt-Baxter | Executive Director of Advancement | SHAD

“Music was a great touch”

– Cain Turner | CMAA

ALAN MALLORY, CSP, MA, BSc, PEng, PE, PMP

Speaker | Author | Performance Coach

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On a High Notes

On a High Note focuses on the external, internal and interpersonal factors that connect individuals and teams. Through psychology-based evidence and examples, Alan explores the importance of understanding personality and character traits associated with ourselves, our team members and other stakeholders we interact with. The ability to form strong connections is a crucial capacity to develop as it plays such a critical role in motivating team members, problem solving, resolving conflicts, gaining alignment and creating cohesion. Integrated into this program are live electric violin segments which creates a very upbeat, engaging and entertaining environment. The underlying message is about putting people first, which is the foundation of high performance, retention and long-term success. It is the difference between disharmony and harmony.

Key Takeaways

Part 1: Introspection

- Improving mental health and emotional intelligence
- Understanding our authentic self
- Bias and categorization
- Self awareness and managing stress
- Personality considerations and individual differences

Part 2: Interaction

- Motivating team members and gaining alignment
- Personality considerations for connecting with others
- Internal and external reward systems
- Trust, recognition and appreciation

Part 3: Integration

- Resolving conflicts early and effectively
- Empowering team members
- Organizational and team culture
- Optimizing resources

“Great presentation and your music was AMAZING!”

– Dinara Khalitova | Chair | Project Management Institute, Toronto

Alan's Bio

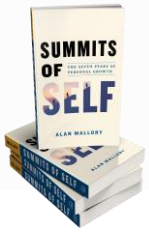
Alan is an international speaker, author and performance coach who is passionate about reaching new heights in all that we do. He has a degree in Engineering from Queen's University, a Masters in Psychology from Adler University, and has worked all over the world as a professional engineer and project manager. Building experience through a lifestyle of adventure and challenge, Alan embarked on the journey of a lifetime and set a world record on Mount Everest along with three members of his immediate family. He believes in empowering people and embracing an agile mentality focused on relationships and results.

Alan's Books

Copies of Alan's books: *The Family that Conquered Everest* & *Summits of Self* can be incorporated as draw prizes, event giveaways or for each attendee to take home. Bulk discounts and/or signed copies arranged upon request.



Format and Delivery Options





1-hour & 90-minute keynote presentations



Interactive breakout sessions



Half & full-day training workshops



Virtual & hybrid programs



"Inspiring and fact based! Loved the scholarly references."

– Katherine Vollman | CMAA Ohio Valley Chapter