

*HRPA Professional Development Program*

# Agile Methodologies for Reaching New Heights in HR

**An unforgettable program combining innovative leadership, psychological and team-building insights**

**“Fantastic”**

– Liz Holtby | HRPA York Region

**“Captivating”**

– Randi Laur | HRPA Algoma

**“Great, inspiring Story!”**

– Sarah Lehman | HRPA Barrie



**ALAN MALLORY**

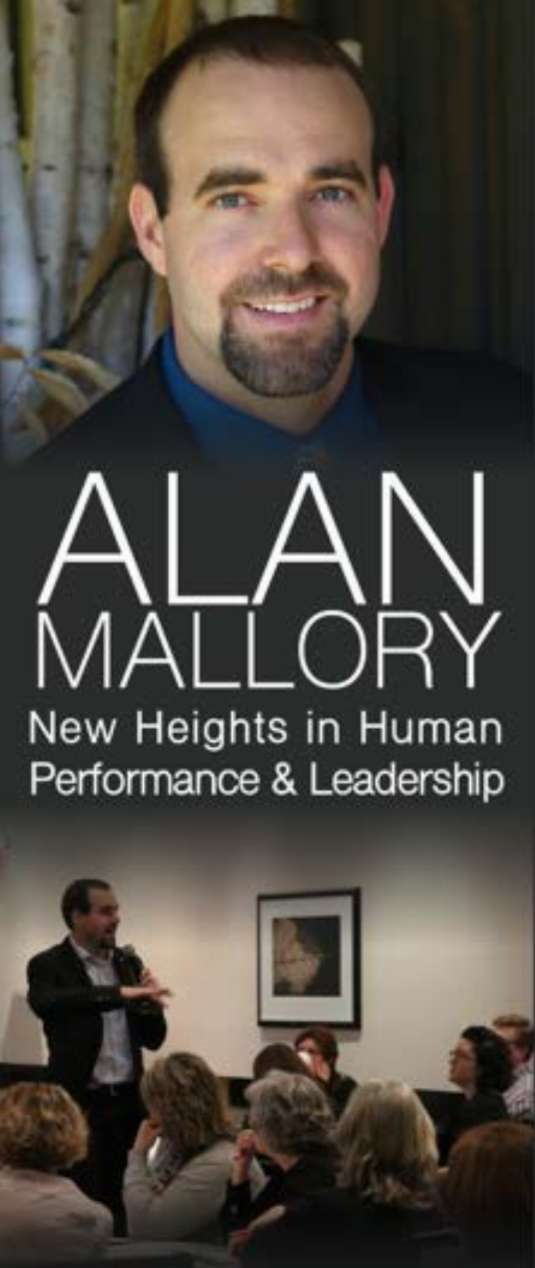
, CSP, MA, BSc, PEng, PE, PMP

*Speaker | Author | Performance Coach*

[alan@alanmallory.com](mailto:alan@alanmallory.com)

[www.AlanMallory.com](http://www.AlanMallory.com)





# ALAN MALLORY

New Heights in Human Performance & Leadership



**“I love the ‘personal Everest’ idea”**

– Chantelle Burke | HRPA Barrie



*HRPA Professional Development Program*

## Agile Methodologies for Reaching New Heights in HR



### Overview

Alan’s dynamic program is built around the two years of planning and two months of climbing that went into making the goal of reaching the summit of Mount Everest a reality for Alan and three members of his immediate family. It is an engaging visual and educational journey packed with tools, strategies and innovative ideas that human resources professionals can put into action to make positive changes in their professional and personal journeys.

Alan puts specific emphasis on maintaining a future mindset, effective collaboration, adapting to change, developing mutual goals, overcoming adversity, empowering others, and developing trust in professional relationships. It is an exciting and educational journey that keeps the audience on the edge of their seats from beginning to end.

### Date & Timing

Can be delivered in-person or virtually  
75-minute keynote + 10 minutes Q&A  
(Timing can be adjusted as needed)

### Contact Details



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

Speaker | Author | Performance Coach

3326 6th Line, Innisfil

Ontario L9S4S5 Canada

Phone: 647-388-4044

Email: [alan@alanmallory.com](mailto:alan@alanmallory.com)

Website: [www.AlanMallory.com](http://www.AlanMallory.com)



**“Captivating, engaging and informative. It was awe-inspiring and relevant.”**

– Randi Laur | HRPA Algoma Chapter

# Biography

Alan is an international speaker, author and performance coach who is passionate about leadership and reaching new heights in all that we do. His unique philosophy of life revolves around empowering people and embracing an agile mentality focused on outcomes and building relationships. Alan holds a degree in Engineering from Queen's University and a Masters in Psychology from Adler University, giving him a well-balanced approach to the outer and inner challenges we all face. Living and working abroad has given Alan the opportunity to deepen his understanding of individual and team challenges, better appreciate cultural diversity and successfully adapt to different organizational structures. 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. It was a two-month expedition through some of the most exciting yet terrifying conditions imaginable and their success demanded an unwavering perseverance and resilience in the face of adversity. Alan delivers a number of exciting presentations and training programs designed to help individuals, team members and organizations reach new heights in the way we think and the actions we take in order to achieve breakthrough performance.

## Style

Alan's presentation style is up-beat, engaging and he interacts with his audience as much as possible. Alan has a good understanding of what is expected and what is most effective, having previously worked with many diverse audiences. He has a leadership, psychology and training background so is able to relate well to the challenges and interest areas of a wide range of individuals. The exciting nature of Alan's material combined with his passionate delivery encourages engagement and innovative thinking from participants as well as greater knowledge retention. A projector and screen are used for displaying information which is beneficial for visual learners and for reinforcing the points that Alan makes.

## Virtual Delivery Option

If an in-person event is not feasible, Alan has a studio setup and is equipped to deliver high-quality virtual presentations.

## Promo Videos

A number of promotional videos can be viewed at:

[www.alanmallory.com/video](http://www.alanmallory.com/video)

**“Fantastic. I would like to know when Alan is doing another presentation like today’s”**

– Liz Holtby | HRPA York Region

## Reviews and Testimonials

***“Nothing short of outstanding!”***

– Gary Laakso, CFP, CLU, ChS | The Co-operators | Advocis

***“Enthralling, inspiring and thought provoking”***

– Sharyn Hillier | Desjardins Group

***“Edge of the seat presentation! Really enjoyed it!”***

– Steve Kerksick | PMI East Tennessee

***“An almost unbelievable story of hardship and perseverance”***

– Paul Mitcham, PEng, MBA | Commissioner | City of Mississauga

***“The feedback from our members was phenomenal”***

– Ken McNaughton | Program Chair | Advocis Brant/Norfolk

***“The one standing ovation at District Conference”***

– John Donovan | District Governor | Rotary District 5710

***“One of the best that I have attended”***

– Ziyad Mohamed | PMI Lakeshore

***“A truly exceptional job well done!”***

– Tom Reid | Global Marketing Director | Hatch

***“Simply amazing and awe-inspiring”***

– Matthew Ng, PEng, MBA, PMP | Manager, Chapters | Professional Engineers Ontario

***“We’ve had nothing but positive feedback since”***

– Autumn Smith | Manager | Haliburton Chamber of Commerce





## Partial Client List

Barrick Gold Corporation  
Sargent & Lundy

The Project Management Institute  
CIBC Mellon  
General Motors

R.J. Burnside and Associates  
Caterpillar

TEDx Langley

Farm Credit Canada

Financial Planners Association

Medical & Biological Engineering Society

Professional Engineers Ontario  
Amica

Hatch Mott MacDonald

Society for Mining, Metallurgy & Exploration

HSL Nuclear

Dynamic Risk

Insurance Brokers Association of Ontario

Hatch (Chile, Peru, Australia, US, Canada)

SunLife Financial

Holmes Agro

United Way

LegalShield

SHAD Entrepreneurship Cup

Voith Hydro

Students Against Drinking & Driving

Meeting Planners International

Service Experts Canada

The Project Management Institute

Health Units and Hospitals

Science Teachers Association of Ontario

Mountain Equipment Co-op

Rotary Zone and District Conferences

The Canadian Gas Association

Association of Administrative Assistants

Chambers of Commerce

Sykes Assistance Services

## Detailed Summary

### “Agile Methodologies for Reaching New Heights in HR”

*Agile Methodologies for Reaching New Heights in HR* is a dynamic and informative program that is built around the two years of planning and two months of climbing that are involved in reaching the summit of Mount Everest.

Considered one of humanity’s greatest feats of physical, mental and emotional endurance, the exciting expedition to the top of the world’s highest peak is a journey filled with unparalleled challenges through some of the roughest, most extreme conditions imaginable. Alan Mallory took on the challenge and set a world record when he, along with three other members of his immediate family, reached the summit.

Alan’s program focuses on tools and strategies that human resources professionals can relate to and put into practice in their own personal and professional journeys. Alan puts specific emphasis on agile methodologies for adapting to challenges and finding innovative solutions.

Key learning outcomes include:

- **Maintaining a proactive and innovative mindset**
- **Responding quickly and adapting to new challenges**
- **Making rapid adjustments based on feedback**
- **Empowering employees to make informed decisions**
- **Risk management, mitigation and risk responses**
- **Reframing activities to focus on goals and outcomes rather than getting caught up in tasks**

The real story is much more than the climb; it is about a purpose-driven team that set an ambitious goal, committed to the planning and preparation, persevered with passion and achieved success. The powerful strategies and skills that contributed to this achievement, especially during the intense and at many times critical situations, can be applied to all aspects of work and life.

**“Incredible! I could listen to Alan talk forever! Relating Mount Everest to personal obstacles really resonated with me. I loved all the videos, pictures and how it’s so relatable to life. It’s so much easier to remember concepts when there is a real life story attached.”**

– Tianna Hughes | HRPB Barrie Chapter