

Keynote + Workshop

Updrafts: Seven Ways Up

Rebuilding begins when the future becomes imaginable again.



Allan Boss
HELPING PEOPLE IMAGINE FORWARD

At twenty-four, Allan Boss sustained a severe traumatic brain injury and spent days in a coma. His recovery did not arrive as a single breakthrough. It emerged through small acts, repeated over time: movement, music, humour, learning, creativity and community.

THE TAKEAWAY

A hopeful, practical framework for meeting disruption, rebuilding momentum, and imagining what comes next.

What Audiences Experience

A True Story	A vivid, unsentimental account of recovery after the future disappears.
A Practical Framework	Seven human capacities that support movement from survival toward possibility
Science + Story	Insight shaped by lived experience, neuroplasticity and award-winning CBC work.
An Invitation	A shared language for teams, communities and individuals facing change.

“I am not here to offer a formula for recovery. I am here to show that even after the future disappears, it can be imagined back into view.” – **ALLAN BOSS**

About Allan Boss

Allan Boss is a writer, broadcaster, speaker and facilitator whose work explores how people rebuild identity, meaning and connection after trauma and change. After surviving a severe traumatic brain injury at twenty-four, he returned to school, completed a PhD, ran marathons, and built a career in public storytelling, arts leadership and community life. His CBC Ideas documentary *Updrafts* was nominated for a Peabody Award, Prix Italia and New York Festivals award.

FORMAT: 50-60 minute keynote; 90-minute interactive session; half-day or full-day workshop. Available in person, online or hybrid.

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