

Keynote + Workshop

The Healing Power of Art

How music, story, movement and creative practice can help us heal, connect and imagine forward.



Allan Boss
HELPING PEOPLE IMAGINE FORWARD

When a doctor suggested Allan Boss use guitar playing as a measure of recovery, the instrument rarely left his hands. Music became a way to practise memory, rebuild confidence and return to himself. That experience began a lifelong exploration of the arts as a resource for health and human resilience.

THE TAKEAWAY

An engaging, participatory experience that reveals why creative practice belongs at the centre of personal and community wellbeing.

What Audiences Experience

A Lived Story	One person's path from coma and cognitive loss to a creative, connected life.
The Case for Art	A clear, accessible look at how creative activity can support wellbeing and resilience.
Participation	Warm, low-pressure invitations to listen, reflect, write, sing or move.
Lasting Practice	Simple ways individuals and organizations can make more room for creativity.

The arts did not simply help me pass time in recovery. They gave me ways to remember, to express myself, and to imagine a life beyond the hospital. – 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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