

ALISON YOUNG • BLISSFUL HIKER

inspiring you to hike your own hike

A resilience speaker who uses her global hiking experiences to inspire individuals and teams to embrace challenges, reinvent themselves, and harness adversity for growth.



resilience expert

“Alison didn't just inspire us; she ignited something powerful within our entire community. Every woman in that room left feeling unstoppable, armed with practical strategies and an unshakeable belief that we can redefine what's possible.

—Rebecca Heiss PhD | Founder, Gamechanger



Hike Your Own Hike: The Fine Art of Reinvention

Whether we like it or not, failures, setbacks, and 'cosmic rip-offs' happen, and when they do, they can leave us feeling ungrounded, like we missed a waypoint and are walking the wrong trail.

Yet oftentimes, these moments are actually opportunities disguised as loss, opening us up to alternative paths on our life journey.

Alison Young (aka "Blissful Hiker") is an expert at reinvention.



Using hiking – plus spectacular images – as the setting, Alison is your guide to harnessing powerful emotions for positive action as well as visualizing a wider path and making the mental shift needed for success.

Educational outcomes:

- Understand how the dark, difficult moments can be tools for empowerment.
- Explore 3 ways risk-taking builds resilience.
- Shift the thinking surrounding regrets to motivate change.

Ideal for:

- Leaders at the crossroads in their careers needing motivation to change.
- Teams undergoing restructuring and changes in mission.
- Organizations ready to pivot the potentials of their teams.

Quit with Grit:

Intentionally Letting Go as a Key to Success

So many of us know the "secret to success" mantra – quitters don't win and winners don't quit – but sometimes, quitting is exactly the right course of action

In fact, quit and grit are two sides of the same coin. Developing the skills to know when to say "no" can open us up to better opportunities to explore more, do more, and find the right things worth sticking to.



As a long-distance backpacker, Alison Young shares her adventure experiences oftentimes in life-threatening situations, where understanding the biases and blocks to quitting helped her find more success and deeper gratification on and off the trail.

Educational outcomes:

- Identify 5 biases that block intentional quitting.
- Explore the mindset of setting flexible goals to manage uncertain outcomes.
- Discover how getting to 'no' faster is a powerful skill.

Ideal for:

- Leaders who want to develop teams that are more resilient.
- Teams developing discernment skills and flexible goals.
- Organizations wanting to maximize teams achievement.

DETAILS

ENGAGEMENT

Depending on the program selected, the following may be included in your partnership with Alison:

- Video: A custom, pre-event welcome video explaining the program to help participants get engaged and excited.
- Workbook and Templates: A customized workbook so participants can replicate what they learned anytime they need it.
- Online Q&A session: opportunity for participants to continue exploring creativity and innovation, ask new questions, and further discuss application in their work.
- Team Coaching: guidance to help teams be more creative when working on new projects, new products, or with clients.
- Leadership Coaching: innovation coaching for leaders.

ABOUT ALISON YOUNG

With over 13,000 miles backpacking across six continents and a distinguished career as a world-class professional musician and nationally syndicated radio host, Alison Young brings a rare and compelling perspective to her work. Her engaging programs forge deep connections with the natural world while offering insight about resilience in the face of life's challenges.

A master of reinvention and creative expression, Alison draws from her diverse experiences—blending stunning imagery, immersive natural soundscapes, and lyrical, metaphor-rich storytelling. She empowers individuals, businesses, and teams to uncover their own path to success, inspiring growth, innovation, and excellence.



CONTACT ALISON

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On the familiar ‘would you recommend’ scale (0-10), Alison Young rates a 10.

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“Alison delivered relatable, actionable life and business lessons that deeply resonated with our audience. Her message was authentic, inspiring, and filled with memorable takeaways—little nuggets that attendees could carry with them not just for the day, but for the weeks and months to come.”

Melissa Rose | Women’s Business Bridge Stillwater, Minnesota Chamber of Commerce

“We were captivated by Alison’s down-to-earth honesty and vulnerability, and her ability to verbalize so many issues that simmer unspoken under the surfaces of our lives.”

Pastor Kristin Kurzejeski | Executive Pastor, Bethel Lutheran Church, Hudson, Wisconsin

“The entire conversation was great — and that is what it was! I didn’t feel like Alison was talking at anyone, but was open and conversational. I loved the connections and personal experiences she was able to share to reinforce her topic of quitting. Her talk was valuable and I think more folks need to hear it!”

Rebecca Maguire | Education Coordinator, Association of Outdoor Recreation and Education

“Alison is a force of nature! She shared her powerful story with such passion that it left everyone in our virtual conference room feeling motivated and encouraged. If you’re looking for a speaker with a fascinating background and the ability to speak with courage and vulnerability you need Alison on your stage!”

Rebecca Walsh | Founder, Hike Like A Woman

“Alison struck a wonderful balance of allowing us to participate and experience her presentation and presenting us with concrete ideas, theories, and strategies to apply.”

Jay Zarr | President, Association of Experiential Learning

“Alison Young’s delivery is clear, and she has an inviting warmth in her voice that makes you stop what you’re doing and focus on what she’s saying. Alison’s many years experience as radio host show through in her professionalism and connection to listeners.”

Barry Kempton | Director, Schubert Club

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This wasn’t just a talk; it was a call to action that’s still driving us forward months later.

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