



STUART PRESTON
MOTIVATIONAL SPEAKER

A Different Kind of Mental Health Speaker

Part Stand-up Comedy. Part Tragedy & Resilience. All Heart.

"Silence around Mental Health is a problem that hurts both individuals and teams, and I aim to solve it." - Stuart



Ready to transform your team? Contact Stuart today to schedule your session.

The ROI In Investing In Mental Health

- **\$4 benefit for every \$1 spent on Mental Health Initiatives**
- **Each employee experiencing a mental health challenge costs the business \$15,000 every year.**
- **10-30% of your team is experiencing Mental Health Challenges**
- **Let's do this together!**



Curb Turnover

Build stability, retain expertise, and save recruitment and training costs.



Burnout Recovery

Revitalize energy, boost morale, and ignite productivity across your team.



Bridge Communications

Foster collaboration, reduce conflict, and achieve unified team-driven success.

Contact Now

— www.meetStu.art | (480) 242-3780 | hello@meetStu.art —



Keynote Topics

For The Whole Team

Beyond the Numbers: Humanizing Teamwork for Greater Success

Discover how breaking stigmas and fostering connection can strengthen team culture, boost resilience, and enhance performance. This engaging talk highlights the power of humanizing teamwork to drive lasting success in any environment.

For Leadership

From Metrics to Meaning: Redefining Leadership Through Connection

Discover how empathy-driven leadership boosts resilience, connection, and performance. This talk provides actionable strategies to help leaders foster a culture where people thrive, driving both personal fulfillment and organizational success.

Other Talks:

From Stigma to Synergy: The Psychedelic Perspective on Team Resilience
Everything You Want To Know About AI
The Grief Trip: The Stoned Ape Show

"Enlightening and inspiring." "Eye-opening and engaging."

"This is necessary and important. Please continue this path."

"This is a fantastic talk for corporate groups."

"You are a brilliant & inspiring speaker, Stuart!"

About Stuart

Stuart Preston is a dynamic speaker blending humor, tragedy, and actionable insights. Drawing from his experiences in leadership, grief, and innovation, Stuart delivers transformative talks on mental health and resilience, inspiring teams to thrive and connect meaningfully.



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