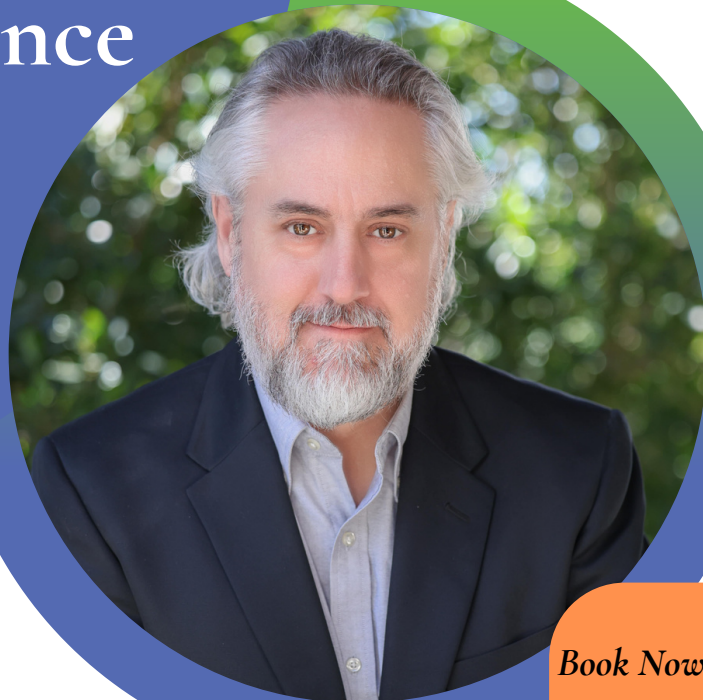


● Breaking Stigmas, Inspiring Hope, and Fostering Resilience


Stuart Preston

My mission is to inspire corporate teams to break stigmas, foster resilience, and embrace open discussions on grief and mental health, empowering individuals to seek help, support each other, and thrive together.



About Stuart

Stuart Preston is dedicated to helping corporate teams break stigmas, open up, and support each other. After experiencing profound personal loss, Stuart turned his journey through grief into a mission to foster resilience and healing. With a candid and empathetic approach, he emphasizes creating a safe environment for discussions on grief, mental health, and personal growth. Drawing from personal experiences and extensive research, including alternative healing methods and the therapeutic power of humor, Stuart inspires hope and resilience, encouraging individuals to seek help and support one another in their personal and professional lives.

Book Now
hello@meetStu.art
(480) 242-3780

What Others Say...



"A deeply personal and moving presentation/show. I highly, highly recommend it. It simply is time to speak openly about these difficult subjects that we have systematically buried for too long. Well done, Stuart – keep the ball rolling!" - Tim



Mental Health

Break the silence on mental health, fostering a supportive workplace where open dialogue and empathy thrive.



Grief & Healing

Empower your team to navigate loss with resilience, embracing healing through shared experiences and alternative methods.



Resilience & Growth

Inspire personal and professional growth by building a resilient mindset to overcome challenges and achieve success.

● **Contact Now**

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

Menu of Topics



Mental Health Awareness: Breaking the Silence

- Description: Foster a supportive workplace by breaking the stigmas associated with mental health. Stuart provides actionable strategies to encourage open dialogue and mutual support among team members.
- Benefits:
 - Increased mental health awareness
 - Strategies for fostering a supportive workplace
 - Techniques for managing stress and anxiety

Resilience and Personal Growth: Rising Above Challenges

- Description: Inspire your team to build resilience and embrace personal growth. Stuart's motivational storytelling equips individuals with the mindset and tools to overcome professional and personal challenges.
- Benefits:
 - Tools for developing resilience
 - Motivation for personal growth
 - Strategies for overcoming challenges

"Grief is not something to overcome, but a journey to walk with.
Through this journey, we can find healing and growth."
– Stuart Preston, The Grief Trip

Grief and Healing: Embracing the Journey

- Description: Empower your team to navigate loss with resilience. Stuart shares insights from his personal journey and explores alternative healing methods, helping reshape the narrative around grief.
- Benefits:
 - Understanding the complexities of grief
 - Learning alternative healing methods
 - Gaining tools for personal resilience

