



STUART PRESTON
MOTIVATIONAL SPEAKER

Helping Teams Thrive Through Change

Practical tools, real stories, and a touch of humor to build focus, connection, and resilience when it matters most.

"We can't always choose the change, but we can choose how clearly and courageously we face it." - Stuart



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

Your Challenge

Change in the workplace can leave teams stressed, disconnected, and uncertain. Leaders feel the pressure to maintain performance while morale dips.

Communication suffers, engagement drops, and even your top performers can burn out. Without a clear path forward, disruption becomes costly, both for your people and your bottom line.



Build Resilience

Stay strong, adapt quickly, and grow through every challenge.



Bounce Back Faster

Adapt quickly, regain momentum, and maintain peak performance.



Work Better Together

Foster trust, strengthen collaboration, and achieve shared goals.

Keynote Topics

Emotional Resilience in the Face of Change

Quiet the Ego, Find Clarity, and Rise from Life's Hardest Hits

Change is inevitable. The real test is how we respond. In this engaging, practical, and often funny keynote, Stuart Preston blends heartfelt storytelling, lived experience, and neuroscience to equip audiences with strategies they can use immediately. Your people will learn how to quiet the mental noise that drives fear and reactivity, stay present in high-pressure moments, and build the kind of resilience that lasts.

Key Takeaways:

- Focus in high-pressure moments
- Quick resets to regain clarity and energy
- Daily actions that build adaptability
- Tools to strengthen trust during disruption
- A mindset shift that turns challenges into opportunities

"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 has lived the lessons he shares. Through personal loss and life's hardest hits, he discovered how the brain can rewire itself to adapt and recover. Today, he helps organizations bring those lessons to their teams with humor, humanity, and science-backed tools that stick.



Contact Now

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