SPEAKER INFORMATION / 2026

JUSTIN MEREDITH.

Human performance under real-world pressure.

Founder of WeRise Collective · Author of *Time Under Tension* · Speaker and facilitator based in Brisbane, Australia.

SHORT BIOGRAPHY

Justin Meredith is the founder of WeRise Collective and author of *Time Under Tension*. Drawing on more than two decades in complex commercial healthcare and leadership environments, he explores how people and teams can navigate real-world pressure with clearer thinking, practical capability and attention to the conditions shaping performance.

Not another speech telling good people to work harder. Lived leadership experience, original ideas and practical tools for rooms where performance and its human cost both matter.



KEYNOTE DIRECTIONS / ADAPTED TO THE ROOM

THREE CONVERSATIONS. ONE HUMAN THREAD.

Starting territories, not one speech for every event. The final title, emphasis and delivery are agreed around the audience and event brief.

01 / LEADERSHIP EVENTS · CONFERENCES · TEAMS

PERFORMING UNDER PRESSURE

When the demands keep rising, asking people to simply be tougher is not enough. Explore the decisions, habits and working conditions that make sustainable performance possible.

Audience leaves with: Recognise what pressure changes · Separate what you can control from what needs to change around you · Leave with one deliberate next move

02 / CONFERENCES · CHANGE EVENTS · PEOPLE LEADERS

TIME UNDER TENSION

A human conversation about the moments that test us, the stories we tell ourselves and the difference between useful challenge and unrelenting strain.

Audience leaves with: Reframe resilience beyond pushing through · Protect connection and recovery alongside ambition · Build a more useful response to uncertainty

03 / INDUSTRY MEETINGS · LEADERSHIP OFFSITES · ORGANISATIONAL EVENTS

THE HUMAN SIDE OF HIGH PERFORMANCE

Performance is never just a KPI. It is shaped by the person behind the role, their relationships, energy, identity and the conditions in which they work.

Audience leaves with: Look beyond individual motivation · Notice the cost of invisible load · Create conversations that make better work possible

WHO IT SUITS

INDUSTRY & AUDIENCE FIT

Leadership groups, cross-functional teams, professional associations and conferences, with particular depth in healthcare, diagnostics, pharmaceutical and life sciences settings where Justin spent more than twenty years. Content is adapted to the actual pressures of the audience.

FORMAT

KEYNOTE, PANEL OR FACILITATED CONVERSATION

Keynotes are typically discussed as a 45–60 minute starting point, subject to your event brief. A keynote can stand alone or connect to a separate facilitated workshop or the Perform Under Pressure programme.

PLANNING YOUR EVENT

MAKE THE BRIEF USEFUL.

THE AUDIENCE

Who will be in the room? What are they navigating, and what would make the session useful?

THE FORMAT

Share your date, location, available time, audience size and whether this is a keynote, panel, interview or workshop.

THE NEXT STEP

Confirm the talk direction, introduction, accessibility and technical needs and any approved media materials together.

SUGGESTED STAGE INTRODUCTION

"Please welcome Justin Meredith, founder of WeRise Collective and author of Time Under Tension. Justin brings more than twenty years of experience in commercial healthcare and leadership to a practical conversation about the human side of performing under pressure."

LONG BIOGRAPHY

Justin Meredith is the founder of WeRise Collective, author of *Time Under Tension* and a speaker and facilitator focused on human performance under real-world pressure. His work draws on more than twenty years in complex commercial healthcare, pharmaceuticals, diagnostics and leadership environments. Rather than reducing resilience to individual toughness, Justin brings attention to the whole person and the demands, relationships, decisions and working conditions around them. His sessions use original WeRise ideas and practical conversation to help audiences explore what they can change, what needs support and what matters beyond the job title.

ENQUIRIES & APPROVED MEDIA

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Book a 30-minute discussion: calendly.com/justin-werisecollective/30min

Speaker resources: werisecollective.com.au/media

High-resolution photographs, event-specific introductions and technical details are available on request. Please confirm usage permission before publishing images. Final content, title, duration, availability and fee are agreed for each event.