CORPORATE CAPABILITY / 2026

HUMAN PERFORMANCE UNDER REAL-WORLD PRESSURE.

Keynotes, focused sessions and team programmes, personally led by founder Justin Meredith.

Pressure rarely creates the problem. It exposes it — in the decisions, relationships, habits and working conditions around people. WeRise helps teams see that clearly and act on it.

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JUSTIN MEREDITH FACILITATING A WERISE TEAM SESSION · REAL ROOM, NOT STOCK

WHAT MAKES WERISE DISTINCTIVE

PRACTICAL. HUMAN. HONEST.

NOT A TOUGHNESS SPEECH

We don't ask good people to simply push harder. Resilience is treated as the whole person plus the conditions they work in.

PRESSURE AS A CONSTRAINT

Pressure is a real constraint on thinking, energy and decisions. We work with it honestly rather than pretending it away.

ORIGINAL WERISE IDEAS

The Six Cs, RISE, the Optimal Zone and *Time Under Tension* give the room a shared, practical language.

LIVED LEADERSHIP

Justin brings more than twenty years in complex commercial healthcare, pharmaceutical, diagnostics and leadership environments.

WHO IT SERVES

TEAMS WHERE IT MATTERS.

Not executive-only. WeRise works with the people carrying the load, wherever they sit.

CORPORATE TEAMS

Cross-functional, commercial and operational teams navigating rising demand and change.

PEOPLE LEADERS

Managers and leadership groups shaping the conditions their teams work in.

HEALTHCARE & LIFE SCIENCES

Particular depth in healthcare, diagnostics, pharmaceutical and science settings, where Justin spent his career.

ASSOCIATIONS & EVENTS

Conferences, professional associations and industry meetings.

PERSONALLY LED BY JUSTIN

FORMATS. CHOSEN AROUND THE PROBLEM.

Start with the problem, not the package. Durations below are starting points for a conversation, shaped by your brief.

KEYNOTE	Typically discussed as 45–60 minutes. Conferences, leadership events and team days.
LUNCH & LEARN	A short, practical session that opens a useful conversation about pressure at work.
FOCUSED SESSION · 60-120 MIN	One real challenge — difficult conversations, team bandwidth or decision-making. Shared language and a useful next action.
LEADERSHIP & TEAM FACILITATION	Half-day or full-day facilitated work for leadership groups and teams, built around their actual situations.
PERFORM UNDER PRESSURE	The flagship team capability programme, delivered as a shorter format or staged over time.

THE SIX Cs

A SHARED VOCABULARY.

Connect · Control · Condition · Challenge · Choose · Commit. Used selectively, where they help the people and context.

RISE

DELIBERATE ACTION.

Reconnaissance · Intent · Strategy · Execution. A simple sequence for moving from pressure to a considered next step.

These are practical WeRise tools, not a claim of clinical validation, therapy or workplace compliance certification.

HOW AN ENGAGEMENT RUNS

BEFORE. IN THE ROOM. AFTER.

BEFORE

A conversation about the group, the pressures they face and what would make the session useful. Format, timing and emphasis agreed from the brief.

IN THE ROOM

Justin facilitates: the biology of pressure, the Optimal Zone, the Six Cs and RISE, applied to the team's real situations through discussion and practical exercises.

AFTER

Participants leave with a deliberate next move. Optional follow-on resources and a follow-up conversation about what to do next.

OPTIONAL — ALONGSIDE THE WORK

WORKPLACE CHECK — A short reflection on the working conditions shaping pressure.
pressure.werisecollective.com.au/workplace

TIME UNDER TENSION — Justin's book, for leaders and participants who want to go deeper.

ARENA & FORGE — Learning and practice spaces in Pressure Intelligence.
pressure.werisecollective.com.au/arena · /forge

START A CONVERSATION

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

Format, duration, availability and fee are agreed for each engagement. WeRise does not provide therapy, diagnosis or compliance certification.