

Justin WREN

Keynote SPEAKER



HUMANITARIAN – MMA FIGHTER – AUTHOR - MENTAL HEALTH ADVOCATE – NON-PROFIT FOUNDER/CEO – PODCAST HOST

WHAT MEANINGFUL Impact Would You MAKE IF You Only KNEW You Could?

Mercilessly bullied as a child, Justin responded by transforming himself into a champion MMA fighter. Yet despite his success, he quietly questioned the significance of his own athletic accomplishments. Each time his hand was raised in victory he thought, “Is this it? Is this as good as it gets?” As he fought his way to the top and battled never-ending injuries that accompany the profession, he slid into pain-killer addiction, battled depression and attempted suicide. He was a champion on the outside but broken within.

It wasn't until a chance collection of circumstances led Justin to one of the most remote places on earth, to live in the rainforest among the Pygmy people, some of the most impoverished and marginalized people on the planet, that he found his true purpose – helping others.

‘WHEN I Stopped FIGHTING For Myself AND Started FIGHTING For others I FELT Passion, I FELT Purpose, AND THAT Is WHAT LED To MY Greatest Impact.

From that experience, ‘The Big Pygmy’ returned to the ring with purpose, founding the non-profit Fight for The Forgotten (FFTF) along the way. Since 2013, FFTF has provided more than 52,000 indigenous people with access to clean drinking water, replanted thousands of trees, acquired more than 3,000 acres of land in the name of the tribe and helped 1,800 people out of slavery and into freedom. Current projects include housing, education, healthcare, and sustainable livelihoods through community empowerment.

Today, Justin shares his remarkable story on stages across the country and around the world teaching others the tools, tactics, and techniques to navigate anyadversity, find purpose, and achieve meaningful impact in business and in life.





**FIRST TIME EVER
SEEING CLEAN WATER**



'I DIDN'T Expect AN MMA FIGHTER To HAVE ME IN TEARS. I GUARANTEE EVERY HUMAN WILL LEAVE Changed for THE BETTER HAVING HEARD THE BIG PYGMY's TALK.

Jason Cox
YPO President

'HE's Changed MY Spectrum, MYSpectrum of WHAT's Possible.

Joe Rogan
Comedian & Podcast Host

'Justin WREN Is AN Overcomer. His Story WILL Inspire AND Motivate You to Overcome AND Become THE Best Version of Yourself.

Dr. Daniel Amen
13x NYT Best Selling Author

'Justin's Message of Perseverance, FIGHTING For WHAT You BELIEVE IN & Incredible Resilience Was TRULY A GAME Changer For Our Program, our Founders, AND for ME Personally. No MATTER THE Industry or WHERE you ARE IN LIFE, everyone can LEARN From THIS Incredible HUMAN. I cannot Recommend Justin HIGHLY Enough. 10/10!

Daniel Weigand
Cofounder, Draper Inc.

A photograph of Justin Wren, a man with long blonde hair and a full beard, wearing a black t-shirt and pants. He is holding a microphone in his right hand and gesturing with his left hand while speaking on a stage. The background is dark with some blue lighting.

WHY HIRE Justin WREN?

If you're looking for a speaker to inspire your audience like never before, that's Justin Wren. While doing so, he teaches personal techniques to confront any adversity, in business and in life, with the goal of maximizing impact.

Whether you're looking to drive a sales team forward, navigate a changing corporate environment, or demonstrate the power a single person can have in making a true difference, Justin's humility, authenticity and masterful story telling will not soon be forgotten.

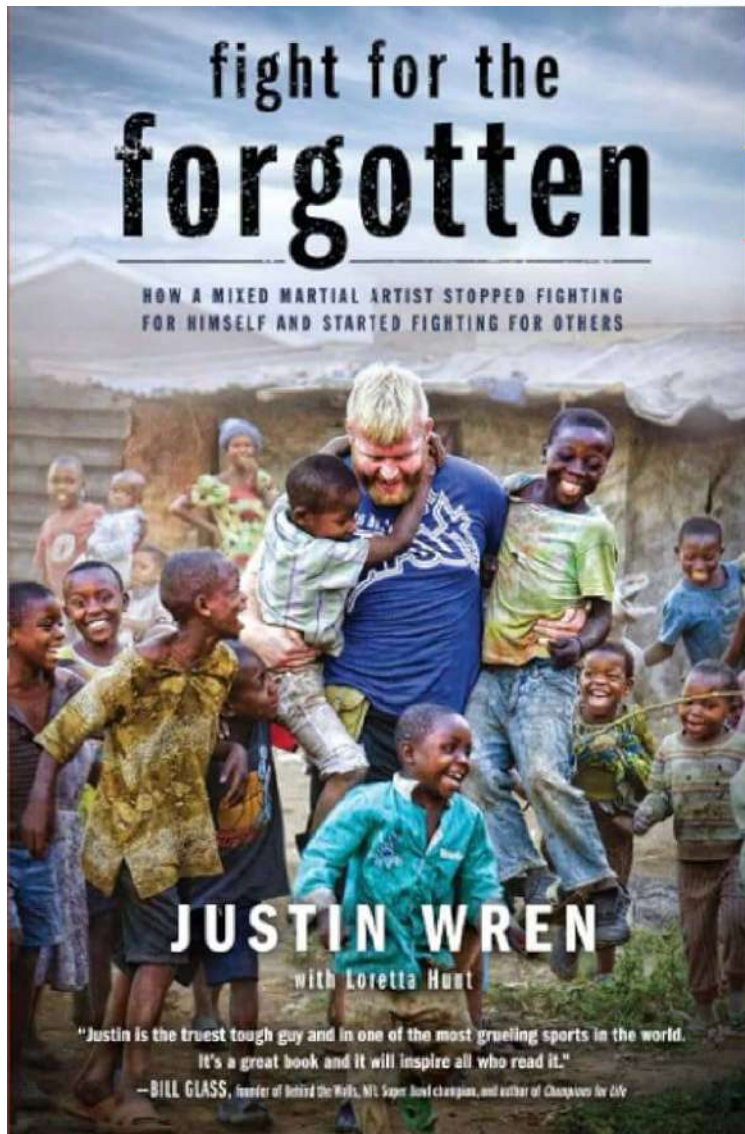
'IF You THINK You ARE Too Small to MAKE A Difference, TRY Sleeping IN A Closed Room WITH A Mosquito.'

WHAT Does Justin SPEAK About?

Justin's breakout keynote, '**PURPOSE – PERFORMANCE – IMPACT**' shares his remarkable personal story from humble beginnings in rural Texas and a childhood shaped by relentless bullying. He eventually rose to mixed martial arts stardom, fighting in front thousands in person and millions around the world, only to lose it all to drugs and depression. But he fought back again, first on behalf of other victims of bullying, and later, through an almost unbelievable turn of events, on behalf of the Pygmy people of the Congo and Uganda. A three-time survivor of malaria, Justin has fought opponents both large and small throughout his life and along the way he has evolved into astonishing force for good in the world...and a remarkable keynote speaker.

OTHER SPEAKING Topics Include:

- Finding Purpose Through Service
- Mental Health
- Creating A Fighter's Mindset & A Fighter's Heart
- Charity, Sustainability, and Opportunity
- Servant Leadership, Character Development and Difference Making



From notable mixed martial artist and UFC fighter Justin Wren comes a personal account of redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can't fight for themselves.

IF You WANT To Go Fast, Go Alone.
IF You WANT To Go FAR, Go Together.



Justin "The Big Pygmy" Wren is a 10-time State Champion, 5-time All American, and 2-time National Champion wrestler, UFC veteran, and has been inducted into the Black Belt Magazine Hall of Fame. His MMA record stands at 15

