



Jeff WARREN

MEDITATION TEACHER | AUTHOR | SPEAKER

Jeff Warren makes meditation make sense — especially for people navigating stress, grief, change, neurodiversity, or just the everyday emotional shrapnel of being alive. His goal is **accessibility**: a clear and powerful framework for why practice matters, an easy-going technique that works with your quirky wiring, and a palpable sense of what it actually feels like to do this. People often leave calmer, more oriented, and genuinely energized. Also, he makes jokes.

TRUSTED BY HUMANS AT:



SIGNATURE TALKS

Your Mind Isn't Broken

How Meditation Actually Works

Most of us feel like we're failing at meditation — or that it was never meant for us. Jeff reframes the whole project. Drawing on neuroscience, lived experience, and a genuinely funny personal story, he shows how a flexible, human practice can change the way we move through the world. No robes required.

Sturdy Mind, Open Life

Practice for People With a Lot Going On

Burnout isn't a scheduling problem. Jeff explores what it actually takes to stay grounded when life is full, fast, and complicated — drawing on two decades of working with caregivers, creatives, executives, and everyone in between. Practical, warm, and surprisingly useful.

Practice Can Change the World

Why Individual Wellbeing Is Really a Group Project

Wherever we are on the mind-body roller-coaster, we can suddenly see it — and once we see it, something shifts. Jeff explores how personal practice ripples outward: into our relationships, our organizations, and the way we show up for each other. A talk about meditation that ends up being about everything.

"Jeff Warren is one of the best meditation teachers on the planet."

-Dan Harris, author of 10% Happier

What he brings:

- Clear frameworks, plain language, occasional diagrams.
- Room for complexity, humor, and the understanding that life is often messy and intense.
- Talks grounded in experiential learning — people don't just hear it, they feel it.
- Something unexpected can happen.

Where it works best:

- Conferences & leadership offsites
- Healthcare, mental health & burnout contexts
- Creative industries, media & universities

Booking & Logistics

Jeff works in a range of formats — from short keynotes to longer workshops and retreats — and is happy to adapt the shape of a session to the needs of the room. Get in touch and share a bit about your event, your audience, and what you're hoping to explore.

jeffwarren.com/speaking

