



Keynote Speaker | Psychiatrist | Comedian | Author

Speaker Bio

Psychiatrist Dr Jo Prendergast delivers entertaining and informative talks shaped by 30 years of clinical mental health experience. A HarperCollins-commissioned author and award-winning stand-up comedian, she has platformed her ideas through her book *When Life Sucks*, extensive media interviews, and sold-out shows at international festivals.

Dr Jo is passionate about building the human foundations for high performance. This approach sustains a resilient, productive workforce. Her rare blend of medical expertise, lived experience, and fearless humour allows her to connect deeply with audiences while challenging them to think differently.

Audiences laugh hard, think harder, and walk out with something they will actually use.



KEYNOTE TOPICS

Beyond Heroics

The hidden behaviours driving burnout and what actually helps

What Should I Say?

The conversations that shape psychological safety at work

Rethinking Talent

Unlocking the competitive advantage of neurodivergent thinking in the age of AI



"Dr Jo Prendergast was a fabulous speaker. I don't think some of us had laughed that hard in a long time."

**SAUNDERS ROBINSON
BROWN LAW FIRM**



"Dr Jo Prendergast met the brief perfectly. Her speech was spot on."

**AUSTRALASIAN
ASSOCIATION OF BIOETHICS
AND HEALTH LAW**

