

KEYNOTE SPEAKER · AUTHOR · PERFORMANCE COACH

The fear was never *the enemy*.

Jason Cram — Commonwealth Games gold medallist & 2003 World Champion, on confronting the fear inside every high-stakes performance.

Gold

Commonwealth
Games

2003

World Champion ·
4×200m relay

78°43'S

Arctic P crew · Guinness
World Record

SURRENDRA

Creator of the method

The signature keynote — The Fear Within

Audiences expect a champion's highlight reel. Jason gives them something more useful: an honest account of the fear that lives inside every high-stakes performance — and a practical, nervous-system-based model for meeting it instead of managing it. Drawn from his arc through elite sport, identity collapse and reinvention, it leaves rooms quieter, then braver. 45–60 minutes; extendable to a half-day workshop.

WHAT YOU GET

A keynote tailored to your theme in a pre-event call, built around the SURRENDRA method.

WHO IT'S FOR

Leaders, sales teams, founders and high-performance teams carrying unspoken pressure.

WHAT HAPPENS NEXT

One enquiry → a fit call → a simple agreement → full AV & bio assets sent ahead.

Also available

After the Medal

For sport, alumni and transition audiences — identity, the loss of structure, and building a self that outlasts the win.

Calm Is a Skill

For wellbeing and team programs — the nervous-system science of performing under pressure, drawn from the SURRENDRA method.

Why Jason

Two decades at the top of elite swimming, a public identity built on winning — then its collapse, and the work of rebuilding. He pairs that lived story with applied science (the nervous system, the body's threat response) and twenty years of coaching. Most performance talks are highlight reels or generic mindset; this is the one thing every high performer carries and few will name.

