

Justin Wren

Humanitarian, Author, MMA Fighter, Mental Health Advocate, and Non-Profit CEO/Founder

After battling depression, suicide, and drug addiction, Justin experienced a life-changing journey living with the Mbuti Pygmy people of the Congo Basin Rainforest. When he returned he founded Fight For The Forgotten, to knockout the world water crisis, which today has expanded its impact to serve the Batwa Pygmies of Uganda. Justin has a deep-seated belief & ability to empower people to stoke the fire that is within us all.

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 is 15-2.

As a humanitarian he's the Founder and CEO of the non-profit Fight for the Forgotten, also authoring a bestselling book with the same name through Simon & Schuster publishing. Justin's transformative storytelling ignites a fire in the human soul that inspires and empowers us to take action that leads deeper purpose, high performance, and long lasting change and impact.

Justin has inspired millions through his appearances on the Joe Rogan Experience (9x), Mike Tyson's HotBoxin', the Ed Mylett Show, ESPN, Sports Illustrated, NBC, CBS, ABC, FOX, and TEDx Talks, along with his book, Fight for the Forgotten. Today he is the host of his own inspirational podcast, Overcome with Justin Wren and a globally recognized keynote speaker.