



Conor Randall

INFLUENCER · MENTAL HEALTH ADVOCATE

Defying Cancer, Embracing Healing, Inspiring Hope

Conor Randall, diagnosed with stage 4 stomach cancer at 29, underwent extensive chemotherapy before embracing holistic healing and mental well-being, ultimately achieving complete remission by defying medical odds through his transformative journey of self-discovery.

Conor Randall's 2026 Biography

Conor Randall is an extraordinary speaker whose journey from life-threatening illness to remarkable recovery inspires and captivates audiences worldwide. At just 29, Conor was diagnosed with stage 4 stomach cancer that had spread to multiple organs. Doctors gave him mere months to live—even with aggressive chemotherapy and surgery. Yet, rather than succumb to despair, Conor embarked on a remarkable path of self-discovery and holistic healing. Against all medical expectations, he achieved complete remission and now dedicates his life to sharing the transformative lessons from his experience.

What makes Conor truly unique is not only his survival against impossible odds, but his ability to turn his most harrowing challenges into a message of resilience and hope. His honesty, candor, and warmth allow him to connect deeply with audiences, whether he's discussing the science of mental health, the power of shifting your mindset, or the importance of self-care and emotional wellbeing. Conor's talks resonate with anyone facing adversity—be it in business, health, or personal life—offering not just inspiration, but practical insights for overcoming setbacks and cultivating genuine inner strength.

Booking Conor Randall for your event means bringing a speaker who embodies hope, authenticity, and transformation. He has a rare gift for motivating teams to navigate change, handle stress, and embrace new perspectives. As a living testament to the extraordinary heights the human spirit can reach, Conor energizes conferences, workshops, and leadership gatherings—making every audience feel seen, uplifted, and empowered to chart their own path forward.

Who is Conor Randall?

In November 2021, at the age of just 29, Conor Randall's life took an unexpected turn when he received a stage 4 Cancer diagnosis. Stomach cancer had metastasized to his pancreas, gallbladder, and abdominal nodules, rendering the simple acts of eating and drinking impossible.

AVAILABLE FOR

- Speaking

CONOR'S SPEAKING THEMES

- Resilience & Stress Management

LANGUAGES: English

Faced with the grim reality of an aggressive disease, Conor underwent a major surgery – a partial stomach bypass – in a desperate bid to save his life. Despite their efforts, conventional treatments proved futile, and the prognosis was daunting, ranging from a mere eight weeks to a best-case scenario of two years.

Undeterred by the dire circumstances, Conor commenced a gruelling series of palliative chemotherapy sessions starting on December 27, 2021, enduring sixteen cycles over the next nine months. However, the turning point in his journey emerged not from medical interventions but from an exploration into the realms of holistic healing and the profound connection between mental health and physical wellbeing.

In the wake of his diagnosis, Conor's partner delved into literature about radical remissions and alternative healing methods. This quest for hope led them to a profound realization – the profound impact of poor mental health on the body. Conor, who had endured chronic stress and prolonged states of mental distress, recognized that these factors were not just correlated with his illness but were, in fact, the keys to understanding and overcoming it.

Driven by an unwavering commitment to saving his own life, Conor embarked on a transformative journey of self-discovery. This expedition into the recesses of his mind unveiled the intricate ways past traumas had shaped his thought patterns, fostering toxic habits that perpetuated a cycle of self-destruction. Methodically rewiring his mental landscape and confronting the traumas that birthed them, he began to experience true healing.

In a bold move, Conor decided to abandon chemotherapy and all conventional medical treatments in September 2022, despite still harbouring active cancer in his body. His resilience, determination, and holistic approach bore fruit when, in October 2023, the month he was told would be his last, he received miraculous news – no traces of active cancer remained in his body. The metastatic disease had vanished from the scans, defying the medical odds.

Conor Randall's perspective on his battle with cancer has transformed. He now perceives it as a formidable teacher that appeared when he needed it most. The journey through life's darkest corners unearthed an inner fire he never knew existed. Today, Conor stands as a renewed man on a mission to illuminate the path for those navigating seemingly hopeless circumstances. His purpose is clear – to demonstrate that even the most devastating experiences can be transformed into the greatest blessings, inspiring others to find strength in adversity and turn their lives around.

Conor Randall's 2026 talks & topics

Acceptance

Cultivating belief

Routine

Mental/Physical health and well-being

Conor Randall's Videos

