



# Chris McNaghten

*DE&I, LGBTQ+ and Mental Health  
Speaker*



Chris McNaghten competed as one of Ireland's strongest men for 12 years. He is the founder of Bear Strong, a mental health and LGBTQ awareness brand. In his seminars, Chris shares his raw, open and deep story of coming out in the world of sport, mental health struggles and his resilience in the face of many challenges. Chris is incredibly open and engaging, with a focus on connecting with people to have difficult conversations. His survival is inspiring and brings hope and belief to so many people.

## **LGBTQ+**

I'm lucky enough to have a huge public profile within the LGBTQ community. A huge part of my story is my journey to come to terms with my sexuality, coming out within sport, and how my life changed since coming out. Within this area we can discuss LGBTQ awareness at work / socially, and how we can help ourselves or others understand better. This is a vast area, but certain areas can be focused on based on the client.

## **Chris's Story**

This is an open and raw discussion of my story to date. My journey with mental illness, depression, suicide and coming to terms with my sexuality. This talk we cover

many areas but not in too much depth in one area. It's an open, and honest discussion which everyone can take something from it.

## **Depression**

This talk is focused on time of my life when I struggled most with my mental health. What caused my depression, what it was like day to day, my suicide attempt, my journey to beating depression, tips, and advice on how to notice signs of depression and how to get better.

## **Anxiety**

Anxiety can hold us back from ever reaching our full potential. Anxiety is the anchor and chain attached around too many of us. I used to be too scared to step on stage and talk to people, I used to be too scared to go to clubs, I was even too scared to go to super market at times anxiety was too high – release your abilities, achieve more by learning how to manage anxiety and understand why we suffer from it.

## **Self-love**

Coming to terms with my own physical appearance was a long and hard road. Being bullied for being overweight since I was a child lead to poor self-esteem and body confidence. For many years I self-harmed as a attack on my body, but today is been over 3 years since I last self-harmed. Today this subject is huge amongst many people.