



Cian Griffin

Writer, Content Creator and LGBTQ+ Speaker



Cian Griffin (widely known as Gaylgeoirí) is a writer, comedian, Irish-language content creator, and LGBTQ+ activist from Wicklow, Ireland. Blending humour, authenticity, and cultural insight, he uses his platform to celebrate Gaeilge while championing queer visibility and inclusive representation. As the first LGBTQ+ contestant on the Irish-language dating show *Grá ar an Trá*, Cian has become a recognised voice for representation across sport, media, and Irish culture.

Cian is also a proud member of Na Gaeil Aeracha, Ireland's first explicitly LGBTQ+ GAA club. Through sport, language, and storytelling, he opens powerful conversations around identity, belonging, and modern masculinity. Whether speaking to corporate teams, DEI groups, or student audiences, Cian brings honesty, humour, and deep relatability rooted in lived experience.

Being Gay in Sport

- What inclusion and exclusion look like in traditional sporting environments.
- The cultural pressures facing LGBTQ+ athletes.
- Creating psychologically safe spaces in clubs, teams, and organisations.

LGBTQ+ Representation in Media

- The importance of visibility in Irish-language and mainstream media.
- Navigating homophobia on and offline.
- Using digital storytelling to educate, empower, and build community.

Rethinking Masculinity

- Challenging traditional norms and expectations.
- How identity, language, and sexuality shape our understanding of masculinity.
- Encouraging vulnerability and redefining strength.