



NACHO RUIZHENS

COACH | SPEAKER | ENTREPRENEUR

Nacho Ruiz Hens delivered a compelling [TEDx Talk](#) on his experiences, offering insights that promote mental health and resilience. His life took an unexpected turn in 2020 when he was diagnosed with bipolar disorder, which brought several challenges to his personal and professional life.

Rather than be defeated, Nacho turned this experience into a source of inspiration, redirecting his passion for positive change toward mental health advocacy.

He is now a strong advocate for mental health awareness and understanding, using his personal journey to educate others about the importance of empathy, support, and access to quality services.

He is currently working on a self-help book focusing on bipolar disorder that is meant to help others who are struggling with bipolar disorder to find balance and a deeper purpose.

As a keynote speaker, Nacho Ruiz Hens shares a professional journey that exemplifies overcoming adversity while making a positive impact. Nacho inspires audiences to tackle mental health challenges with courage and radical transparency, fostering a more inclusive and supportive world.

SIGNATURE TOPICS

- ▶ **MENTAL HEALTH AT WORK**
- ▶ **RADICAL TRANSPARENCY**
- ▶ **TRANSFORMING OUR MENTAL HEALTH**

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INTRODUCTION TO NACHO'S TALKS

MENTAL HEALTH CONDITIONS AT WORK: AWARENESS AND PREVENTION

In this talk, we'll dive into the idea of speaking openly about one's mental disorder as opposed to society's convention that this is a private matter not to be disclosed.

- Reclaim personal identity beyond a label
- Create personal structures to navigate this significant life change successfully
- Learn mindset tools to reach acceptance

THE MOST VALUABLE LESSONS LEARNED INSIDE A PSYCHIATRIC WARD

In this concise talk, we'll explore the life lessons from being inside a psychiatric ward.

- We will focus on the challenges of having been hospitalized and what that does to a person.
- Gain insights around a diagnosis acceptance: its challenges and yet how empowering it can be.

TRANSFORMING OUR MENTAL HEALTH AND REPURPOSING OUR LIFE

This talk explores how bipolar people are allowed to dream and repurpose their life.

- Remove the feeling of helplessness and hopelessness.
- Explore ways to find your ikigai through deep introspection and challenging your limiting beliefs.



WHAT PEOPLE ARE SAYING

"NACHO HAS WALKED THE TALK AND SPEAKS WITH DEEPLY HONEST VULNERABILITY AND AUTHENTICITY. HIS ABILITY TO CONNECT WITH AUDIENCES IS NOTHING SHORT OF LIFE-CHANGING INSPIRATIONAL."

- JONATHON STEWART (TEDX SPEAKER)

"GREAT AND ENLIGHTENING TALK. NACHO'S POSITIVE ENERGY AND PASSION SHINE THROUGH."

- RICHARD JENKINS

"ACCEPTANCE IS NOT ALWAYS EASY, BUT TREATMENT AND AWARENESS ARE INCREASINGLY AVAILABLE. THANKS TO NACHO FOR SPREADING SUCH A POSITIVE MESSAGE."

- JACI TARLOWE

GET IN TOUCH

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