



StrongMen

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Wear Your Heart On Your Sleeve

Stars of Channel 4's SAS Who Dares Wins and co-founders of bereavement support charity StrongMen, Dan Cross and Efrem Brynin provide this unique insight into their life stories and journey back from the depths of despair to the small screen and everything in between.

The talk will provide an introduction and insight into Dan and Efrem's life experiences including their unexpected and tragic losses through their different battles with mental and physical illness to appearing on Channel 4's highly acclaimed hit series.

The talk will include:

- Bereavement
- Depression
- Stress
- Anxiety
- Mental health
- Physical health
- Illness
- Vitality
- Routine
- Positive mindset
- Determination
- Resilience
- Survival
- SAS Who Dares Wins
- StrongMen

Duration : 1 hour
Area Available : Nationwide

To show your interest please call or email, details are at the top of the page. Or for more information about us, visit our website:

www.strongmen.org.uk

