



DARREN STEHLE

SELF-MASTERY COACH — THINK QUEERLY
PODCAST HOST — WRITER

KEY FOCUS

Empowering LGBTQ+ creators and change-makers to create a life they love by doing what they love and making a difference.

For my childhood and adolescence, I struggled with fully accepting myself as gay — as different.

At a young age, I was also diagnosed as dyslexic and having ADHD. It's my belief that these early learning challenges, as well as hiding in the closet, led me to pursue higher education — to not only prove to myself that I was smart enough — but to (wrongly) believe I needed to prove my worth to others.

Society conditioned me to be like everyone else which affected how I perceived the world and felt about myself.

By trying not to draw attention to myself as a gay man, I hid away my truth. Gay shame reared its ugly head later in life when I realized I was afraid of success — of dreaming big and being visible. Much of my adult life has been about understanding the unique insights and vital role that LGBTQ+ people play in society and how we contribute to a healthy and equitable common good.

Over the last 25 years, I've invested thousands of hours in independent study and worked with many business and life coaches. I love learning and creating strategies to improve my well-being, mindset, creative production, and personal leadership. In February 2022, I became a certified MindMap Mastery Neuro-Coach, specializing in the areas of behavioural and change science.

As a writer, I've published over 550 articles since 2014. I began writing about fitness, nutrition, and wellness. My current interests include practical personal transformation based on neuroscience, productivity, LGBTQ2+ social justice, critical thinking, leadership, personal responsibility, and morality.

Since 2018, I've published over 240 episodes on my podcast, Think Queerly. Currently, I'm publishing practical, in-depth content about Queering Self-Mastery for creators and change-makers on Substack.

SUGGESTED INTRODUCTION

Today's guest, Darren Stehle, is a Self-Mastery Coach, host of the Think Queerly Podcast, and publisher of Queering Self-Mastery. Darren shares practical tips and strategies for LGBTQ+ creators & change-makers to align with their purpose, create a joyful life, accomplish their goals in the most efficient ways possible, and make a meaningful difference in the world.

INTERVIEW TOPICS

1. The 3 Es of Self-Mastery Framework to Create Greater Efficiency, Happiness, and Success in Life.
2. Self-esteem is not earned or deserved — It is foundational to your human nature and dignity.
3. Acceptance, Connection, and Care: How understanding the neuroscience of belonging and love cultivates Diversity, Equity, and LGBTQ+ Inclusion.



“*Making a difference in the world is easier when you freely love who you are, and doing what brings you a sense of purpose and happiness.*”

“*To create a world that cultivates human connection and acceptance, we must lead by example and create a new path that supports a universal common good without prejudice.*”

CONNECT WITH DARREN

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Substack: [Queering Self-Mastery](https://www.substack.com/p/think-queerly)

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