



Christine McGuinness

Neurodiversity Advocate

"A passionate champion of inclusion, identity, and resilience"



Christine McGuinness is a powerful and authentic voice championing autism and ADHD awareness. A former beauty queen and television personality, she authored the bestselling memoir *A Beautiful Nightmare* produced award-winning documentaries like *Our Family and Autism* and *Unmasking My Autism* and launched a sensory-positive clothing brand.

TOPICS:

- From Silence to Self-Discovery
- Unmasking Autism in Women
- Raising Autistic Children
- Workplace Neurodiversity
- Entrepreneurship with Purpose
- Media, Identity & Influence

IN DETAIL:

From her early days as Miss Liverpool and reality TV appearances, Christine has grown into a strong advocate after receiving her autism diagnosis in 2021—alongside her three autistic children—all of which she has shared candidly in BBC One documentaries. Her memoir, *A Beautiful Nightmare*, offers a heartfelt and revealing look into her experiences with trauma, diagnosis, and resilience. In 2023, Christine expanded her impact by launching **HEHER**, a sensory-positive clothing line designed for neurodivergent individuals, partnering with brands and leading campaigns to support inclusion across sectors. In recognition of her work, she was named Media Champion of the Year at the British Diversity Awards (2025) and Celebrity of the Year by the National Diversity Awards (2023).

LANGUAGES:

She presents in English.

WHAT SHE OFFERS YOU:

Christine uses her lived experience to deliver transformative insight into neurodiversity, addressing the emotional journey from suspicion to diagnosis, the nuances of masking, sensory needs, and equitable co-parenting.

PUBLICATIONS:

2022 Podcast: Table Talk with Paddy & Christine McGuinness

2021 *A Beautiful Nightmare: My Story*

HOW SHE PRESENTS:

Christine combines emotional storytelling with practical resources. She speaks with vulnerability, humour, and grace, fostering trust and connection.