

Pharrell Shaymar

Mental Health and Transgender Advocate

Pharrell Shaymar is a speaker, mental health and transgender advocate specialising in LGBTQIA+ sports.

Pharrell, who was biologically female at birth, faced numerous challenges in life, from struggles in the education system to facing rejection for being transgender. Health professionals denied Pharell's transition and instilled feelings of inadequacy and a sense of not fitting in, leading to severe mental health issues.

Pharrell has encountered discrimination and toxicity in various work environments, which repeatedly set him back. In the realm of combat sports, he has fought for freedom, enduring the male-dominated arena with toxic masculinity. Despite facing setbacks and being overlooked by coaches due to his age, Pharrell has persevered. Seeking approval from doctors, acceptance from family, equality in the workplace, and inclusion in sports, Pharrell realised that a change in perspective was the key to transforming his life.

Following the saying "I am the man this little girl grew up wanting to become" are the aspiring words from Pharrell.

Living through years as if trapped in a nightmare, uncertain of its conclusion, the continuous exposure to medical health professionals during his formative years instilled a belief that he could never measure up to being a true man, never grow into manhood, and never lead a fulfilling life due to a perceived lack of acceptance.

Years of battling depression, self harming, bullying, discrimination, the continuous heartache from the psychological scars, the mental and emotional abuse, Pharrell has spent majority of his life fighting rather than living.

There is nothing like becoming the man you looked up to as a young person.

Pharrell has triumphed over challenges through a highly esteemed art form in modern society. By coaching athletes in the boxing ring, he imparts his love for the sport, encouraging others not to confront issues head-on but to understand their environment and develop the necessary skills to pave the way for success without conflict.



As a writer Pharrell has significantly influenced the community through his articulate communication, leveraging the power of perspective, personal experiences, and a distinct methodology that alters our perception of contemporary challenges. This transformative approach promises to bring about the positive change we have long strived for.

Pharrell consistently shares his insights through writing, speaking engagements, podcasts, workplace events, and social gatherings. His aim is to shed light on the challenges of today and empower the community with innovative solutions for positive change.

Pharrell Shaymar Speaks About

Mental Health Advocacy

In today's society, coping with pressure and stress can be mentally demanding. For those finding it difficult to open up and share their experiences, feeling isolated without support, and bearing the weight of life without a guiding light, the challenges can be daunting.

Pharrell has faced ongoing challenges in both his personal and professional life. His struggles with overcoming obstacles and navigating difficult situations have given him profound insights into sensitive topics that many people avoid discussing for fear of being judged.

Having the chance to engage in open discussions guided by an experienced mental health advocate can help individuals feel less overwhelmed. Pharrell has successfully facilitated open dialogues in various sectors like mining, construction, youth precincts, and schools. This provides valuable insights into common experiences that many of us have encountered, know someone who has, or are currently facing. Without support, these emotions can take a toll on our mental and emotional well-being.

These events can take place during lunch breaks, social gatherings, toolbox talks, or in organized settings. The most effective way to create a safe and comfortable environment for those around us is by demonstrating support through understanding, education, and engaging in supportive conversations.

Workplace Conversations

Navigating LGBTQIA+ issues in the workplace can be complex, making it challenging for individuals to address and potentially uncomfortable for those wanting to share their experiences.

In such scenarios, it's common for teams to feel unsure of where to begin, and managers may struggle to establish a solid foundation for addressing these matters.

Pharrell specializes in facilitating discussions on gender, providing a safe and constructive platform for open dialogue to enhance understanding of LGBTQIA+ identities.

These sessions aim to foster knowledge-sharing in workplaces, offer insights to support community members, shed light on the experiences of those transitioning, and normalize LGBTQIA+ inclusion in professional settings.

Moreover, this initiative assists management in updating policies and frameworks, introducing new hires to LGBTQIA+ considerations, supporting individuals within the community, and creating an inclusive environment where everyone feels valued and secure.

LGBTQIA+ Sports Specific

One of today's significant subjects is LGBTQIA+ involvement in sports, a sector known for its challenges and controversies that can create divisions among supporters.

Those interested in gaining insight into the inner workings of sports, the obstacles, and the authentic experiences of individuals in the field, Pharrell openly discusses these aspects.

With 12 years of experience as a combat coach, training individuals of all genders from fitness to competitive levels, Pharrell comprehends the journey of transgender athletes, their challenges during transition, struggles, and importantly, provides a unique perspective that sheds light on an unseen aspect of sports.

Pharrell's philosophy echoes that, similar to boxing, solutions can be found once we comprehend the problems and are given the chance to offer support.

Community Events

Events become more enlightening with the backing of an advocate like Pharrell, who actively engages in community events to bring attention to societal perspectives and share experiences with families, friends, and community groups.

It presents a wonderful chance to incorporate positive influences in our events and develop alongside the right individuals.

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