

AN NC CHAMBER EVENT

Business Summit on Mental Health

MAY 13, 2025
DURHAM, NC

Jay Glazer
NFL Insider, Fox Sports
Emmy Award-winner and Broadcast Hall of Famer
Mental Health Advocate

Award-winning sports journalist Jay Glazer offers honest advice and insights gleaned from his fight through depression, anxiety, and ADHD—showing audiences how to overcome self-doubts, fears, and excuses to become “unbreakable.”

Revered sports reporter and TV personality Jay Glazer has made it his mission to help destigmatize the topic of mental health, particularly among men. With raw, candid vulnerability, he describes his own experience of living with depression and anxiety as existing in a “gray area.”

Sharing funny, moving stories from his decades-long journey to the top of sports journalism, his traumatic survival of a near-death experience, and his struggles in the “gray area,” Jay gives audiences the tools needed to confront their own mental health challenges. He also provides corporate teams strategies for forming “unbreakable habits” to break down their barriers to success.

Author of the widely acclaimed bestseller *Unbreakable: How I Turned My Depression and Anxiety into Motivation and You Can Too*, and host of the top-rated podcast it inspired, Jay has a large network of high-profile friends and supporters including Dwayne “The Rock” Johnson, Sylvester Stallone, Michael Strahan, Michael Phelps, and Lindsey Vonn, and many others who seek his wisdom and motivation.

He is regularly flooded with powerful messages of support and success stories via social media, including an incredible story of a man crediting the book with saving his life while contemplating suicide.

