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## CHRIS BASHINELLI

“We need more people like Chris in the world,” says [Dr. Jane Goodall](#).

Chris Bashinelli, National Geographic Explorer, TV host, and celebrated speaker on human connection, travels the globe researching what drives happiness, purpose, and belonging in life and business. Drawing from immersive experiences in over 40 countries, Chris—known affectionately as “Bash”—helps organizations boost sales, reignite employee inspiration, and build cultures of genuine connection.

Born in Brooklyn, New York to Lebanese and Italian American parents, Bash’s worldview was shaped on his childhood “**Stoop**”, where his friends shared more than 13 nationalities. After a decade-long acting career, including a role on the hit HBO TV series ***The Sopranos***, Bash traded the red carpet for the road, launching *Bridge the Gap*, a global documentary series featured on PBS and National Geographic Channel.

Bash’s adventures have taken him from living with nomads in Mongolia, to harvesting tea in China, to Sumo wrestling the heaviest Japanese human in recorded history. He fully embeds himself in different worlds as a modern-day **Cultural Anthropologist**- learning from Ugandan mystics, Mongolian herdsman, Lakota suicide prevention activists, and some of TIME Magazine’s 100 Most Influential People on the Planet.

A passionate advocate for mental wellness and happiness, Bash has studied mindfulness and meditation for over 20 years. Following the loss of his father to cancer when he was 20 years old, he began a lifelong mission to understand the human condition. Through his service work, he has brought mindfulness to inmates across federal and state prisons and to veterans of nearly every major conflict since WWII.

As a keynote speaker, Bash brings stories of adventure, interactive exercises, and exclusive content from his travels to create powerful, customized experiences for every audience. His authenticity and curiosity spark something rare and unforgettable—an alchemy of trust, laughter, and transformation. Bash has headlined events for AT&T, American Express, Coca-Cola, Deloitte, the Federal Reserve Bank, the Million Dollar Round Table, and many more.

Bash has shared the stage with luminaries like Stevie Wonder and Michael Douglas, and at just 24, became the youngest person ever to moderate the United Nations International Day of Peace. His most recent film explores the power of friendship with his adoptive grandfather, actor Dominic Chianese (Uncle Junior on *The Sopranos*). His work has been featured in Delta Sky Magazine, Lonely Planet, Huffington Post, and The Daily News Zimbabwe. He’s also an Eagle Scout and guest host on the Be Here Now podcast network. In a world hungry for meaning and connection, **Chris Bashinelli delivers – with heart, humor, and an unwavering belief in our shared humanity.**