

REWRITE YOUR STORY

MENTORSHIP FOR STUDENTS WHO DARE TO RISE



Brescia

A NO-NONSENSE, ACTION-PACKED
12-WEEK JOURNEY

ABOUT THE MENTOR



BRESCIA BIANCO-BADENHORST

Mental Health Advocate | Professional Speaker | Mentor | Addiction Recovery Expert | Educator

I'm not here to sugarcoat things. I'm not here to make you feel good about staying stuck. I'm here to push you, challenge you, and force you to face the hard truths. If you're reading this, I'm guessing you're ready for that.

Ready to get real. Ready to break free. Ready to claim your life.

I'm a force of nature who's spent 21 years walking the path of recovery from Heroin addiction, and using my voice to empower others to do the same. I've seen the darkest of days and climbed my way out, using grit, strength, and a hell of a lot of resilience. I've lived the pain, the struggle, and the breakthrough.

And now, I'm here to lead you through your own transformation.

I'm not a therapist — I'm a mentor, a guide, and an advocate. I teach from experience first and theory last. I speak the language of real life, raw challenges, and the relentless drive to rise above.

My qualifications? They matter. But my life experience? That's what really counts.

I've studied The Addicted Brain through Emory University, I'm a Certified Addiction Counsellor, and I'm proud to serve as a Brand Ambassador for Elim Clinic Rehabilitation Centre, a leader in recovery and mental health.

But at the core, I'm someone who's lived through it all and knows exactly how to turn pain into purpose.

I don't fit in, and I'm not here to make you fit in either. I'm here to teach you how to stand out. To break the shackles, break the stigma, and rebuild yourself. Ready to rewrite your story? Let's begin.

DEAR STUDENT,

WHAT YOU CAN EXPECT FROM THIS COURSE

You've been handed a story. Some of it's been written by others, some by you, and some by forces you couldn't control. But here's the truth: You get to write the rest.

I'm not here to tell you how to be "better." I'm here to push you to be the real version of yourself — the version you've buried under fear, shame, and self-doubt. The **Rewrite Your Story** program is about owning your narrative, digging deep into the roots of who you are, and building the future you deserve.

I've walked through my own battles, turned pain into power, and learned how to come back stronger. Now, I'm offering you the tools to do the same. With this program, you'll get more than guidance — you'll get a mentor who listens, a plan that works, and a journey that will unlock your untapped potential.

This is a safe space where you get to be yourself — no pretences, no judgment, just the hard truth and the support to go all in.

Are you ready?

Let's start writing.

A stylized, handwritten signature in black ink that reads "Brescia". The signature is fluid and cursive, with a long horizontal stroke extending from the end.

PROGRAM

STRUCTURE

This mentorship program is a no-nonsense, action-packed 12-week journey. No fluff. No filler. Just 12 weeks of relentless, unapologetic growth and transformation.

Program Length:

- 12 weeks — no adjustments. This is the structure that works. If you want to change your life, you follow the plan.

Program Delivery Format:

- **One-on-One Mentorship:** Virtual or in-person coaching (if in my radius). No distractions. Just real conversations that push you to be your best.
- **WhatsApp Support:** I don't leave you hanging. You'll have access to me via WhatsApp for quick check-ins, advice, or motivation when you need it. This isn't just a program; it's a commitment to your growth.



LAYING THE FOUNDATION



DIVING DEEP INTO THE FIRE



EMPOWERMENT AND ACCOUNTABILITY



ACTION PLAN FOR UNSTOPPABLE GROWTH

REWRITE YOUR STORY

SESSION BREAKDOWN

Initial Session: **FREE Assessment (Orientation)**

This session is free. We're here to figure out where you're at and where you want to go. This isn't some casual chat. This is the starting point of your transformation.

When we begin, we'll talk about your struggles, your wins, and your goals. I'll create a roadmap for you — because you can't move forward without a plan.

- **Goal:** Build trust, set expectations, and get clear on the journey ahead.
- **Activities:**
 - Share My Story: It's time you hear how I turned pain into power.
 - Self-Assessment: Journaling prompts to help you reflect and dig deep into where you're at.
 - Create a Roadmap: A personal, detailed plan that will guide your next steps.
- **Outcome:** You'll walk away with a roadmap and a detailed report that outlines exactly what needs to happen for you to level up.

YOUR STORY MATTERS

We kick things off by acknowledging where you are right now and what's holding you back. If you want to get anywhere, you have to first understand where you are. Includes a timeline activity.

FOUNDATIONS OF HEALING

We dive into the hard stuff — coping mechanisms, acceptance, and vulnerability. These are the tools you need to heal. Includes a mindfulness and journaling activity.

FACING THE PAST

It's time to confront the things that hurt you. We all have baggage, but it doesn't have to carry you. Includes an activity on guided exercises.

BUILDING RESILIENCE

Life will hit you hard. This is where we strengthen your core and make you unbreakable. Includes a writing activity.

OVERCOMING ADDICTIONS OR NEGATIVE PATTERNS

Whether it's substances, habits, or unhealthy emotional patterns — we break those chains. Includes an activity to develop a plan of action.

REWRITE YOUR STORY

SESSION BREAKDOWN

HEALTHY RELATIONSHIPS

This isn't about romantic relationships. It's about setting boundaries with everyone — including friends and family. Includes a scenarios activity.

FINDING PURPOSE

This is where it gets real. Your passion, your talents, your drive — we align them with your long-term goals. Includes a creative activity.

CONFRONTING FEAR

Fear is the biggest thief of potential. Let's destroy it together.
Includes a writing activity.

ACCOUNTABILITY AND ACTION

This is the no-excuses zone. You set your goals, and we make them happen.
Includes an action-plan activity.

LEADERSHIP AND INFLUENCE

You've got a story. Now, let's figure out how to use it to inspire and influence others.
Includes a speech-writing activity.

CELEBRATING PROGRESS

Time to reflect. We look back at how far you've come and what you've accomplished.
Includes a meet-and-greet activity with a celebration.

SUSTAINING GROWTH

The hard work never stops. We create a plan for keeping the momentum going after the program ends.
Includes a writing and video recording activity.

Program Components:

- **Accountability Partner:** You're not doing this alone. You'll have someone by your side, holding you accountable, pushing you when you feel like quitting. This is teamwork at its finest.
- **Graduation:** Once you finish, you're not just walking away with lessons — you're graduating. You'll receive recognition from the school, and the world will know you've earned your place.

EVERYTHING PACKED TOGETHER

IN SHORT

01

WHAT YOU GET

- **No Excuses, Just Results:** Personalised, no-nonsense guidance. No sugar-coating. Just practical steps, tools, and a strategy for success.
- **Ongoing Support:** You're never alone. Even after the program ends, I'll be there to make sure you keep moving forward.

02

FOLLOW-UP AND ALUMNI SUPPORT

- **Monthly Check-ins:** I'll stay in touch after you graduate. Monthly check-ins to keep you on track, adjust your goals, and ensure you continue to crush it.
- **Advanced Workshops:** For those who want to go even further — public speaking, advocacy, or leadership workshops to keep building on what you've learned.
- **Alumni Network:** You'll join an exclusive group of graduates who will continue to support, motivate, and push each other to stay on top.

03

PROGRAM COSTS

- **Initial Free Assessment:** A FREE 40-minute session where we assess your needs.
- **Individual Sessions:** Normally R850 per session, but a special rate for learners: R500 per session.
- **Full 12-Week Package:** R5,500. You get all the sessions, tools, support, and graduation recognition. You're investing in yourself — no fluff, no excuses.

DO YOU QUALIFY

FOR THE PROGRAM?

- 1** Are you ready to face the hard truths and make real changes in your life?
- 2** Are you willing to put in the work, even when it gets uncomfortable?
- 3** Do you believe that your past does not define your future?
- 4** Are you open to receiving constructive feedback that will push you to grow?
- 5** Are you committed to attending all sessions and completing the work between meet-ups?
- 6** Do you have a strong desire to overcome the challenges you've been facing?
- 7** Are you prepared to actively engage in creating an action plan for your future?
- 8** Do you understand that this program is not a quick fix, but a transformative journey?

FROM SUPPORT I'VE OFFERED

TESTIMONIALS



***RM**

"Dear Auntie B, I just want to take a moment to tell you how much you mean to me. These past 9 days have been a real turning point in my life. I made the decision to step away from things that weren't good for me and to move toward a life that honours God and the person I'm becoming. It hasn't been easy - there have been tough moments and quiet battles - but every day I've felt a little stronger, a little closer to who I'm meant to be. I've started working out, taking care of my body and mind, and most importantly, focusing on my relationship with God. It's been a journey of small victories and learning to trust the process, even when it feels slow. Through it all, you've been by my side - with your prayers, your encouragement, your patience, and your love. You've believed in me even when I doubted myself."



***B**

"I am where I am today because of your help. And sometimes I struggle to find the right words to express my gratitude. I am so proud of myself. When I look at where I was a year ago today, I'm like, "WTF B!" I've lost weight because I no longer drink, and I feel better. You helped me. Words can't describe how grateful I am."



***K**

"I did it! I quit my addiction and it's been two weeks! Thank you, thank you, thank you for all aunty's help - you truly are a hero to this world. I was hopeless. I've changed because of aunty. I'm getting baptised tomorrow morning. It's all aunty's help. I've started a worship band and I'm going to launch a Christian Clothing Brand. I'll be sharing my testimony in front of 300 people in May. I'm stressing johh."

“The two most important days in your life is the day you are born and the day you find out why”

Mark Twain



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