

Brescia Bianco-Badenhorst ↓

Professional Speaker | Certified Mental Health Coach |
Mentor | Addiction Recovery Specialist | Emcee | Founder
Things We Don't Talk About Foundation NPC

*The Addicted Brain (Emory University)

*Fully Accredited Professional Addiction Counselling Diploma (CTAA)

*Certified Mental Health Coach (Billiard Training Academy)

SPEAKER BIO

* I don't speak to inspire.

I speak to interrupt cycles.

With over two decades in recovery from heroin addiction, I bring lived truth into rooms that are often too comfortable with silence.

My work focuses on what happens after the talk, after rehab, after the crisis — where most people fall through the cracks.

I build structured mentorship systems, work alongside rehabilitation centres and professionals, and lead conversations that challenge stigma, denial and outdated thinking around addiction and mental health.

This is not motivation.

This is intervention through conversation.

SIGNATURE TOPICS

- * 1. Addiction in the Real World: What Happens After Rehab
- 2. The Truth About Teen Mental Health
- 3. What Parents Get Wrong About Addiction
- 4. Trauma Isn't the Past — It's the Pattern
- 5. Breaking the Silence: Suicide, Shame & Survival
- 6. From Recovery to Leadership

I don't speak to be remembered.

I speak so that what I say changes what happens next.

TESTIMONIALS

- * It was breathtaking!!!!!! Wish the whole world could hear it!!!!!! *Magda Pretorius
- * You are an inspiration to millions, build on and testify about His great power. You do not exist by chance, you are specially made for a specific purpose. BRAVO!!! *Des Vermaak
- * The honesty, intelligence and humour with which she shared her story was touching to me. *Suann Millard



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WHAT AUDIENCES WALK AWAY WITH

- * Clear understanding of addiction, trauma and behaviour.
- * Practical tools — not just awareness.
- * Language to have difficult conversations.
- * Courage to act, intervene and lead.
- * A shift from sympathy to responsibility.

INDIVIDUAL / FAMILY /
COMMUNITY

MEMBERSHIPS

Associate Member &
Communications Officer

2024-PRESENT

Professional Speakers Association of Southern Africa

Professional Member

2025-PRESENT

International Society Of Substance Use Professionals

Brescia



EMCEE / MEDIA
HIGHLIGHTS

KYKNET | KWÊLA | RSG | SADAG | NWU PUKKE | LIG MAGAZINE | GRETHA WIID |
GAVIN SHARPLES | GOOD THINGS GUY | RICHARD WRIGHT |
RADIO PULPIT / RADIO KANSEL | MALUTI FM | BABIES & BEYOND MAGAZINE