

To Whom It May Concern,

It is my pleasure to provide this letter of recommendation for Brescia Bianco-Badenhorst in support of her outreach program during Teen Suicide Awareness Week, scheduled for February 10–15, 2025. Brescia is an inspiring advocate for mental health awareness and suicide prevention, and her dedication to creating safe, open spaces for young people to discuss these critical issues is both commendable and impactful.

Brescia's work is deeply rooted in her personal journey, which she shares with honesty and empathy, making her an authentic and relatable speaker. Her ability to connect with her audience, particularly young people, is remarkable. During her planned school visits for Teen Suicide Awareness Week, Brescia will deliver a thought-provoking talk on mental health awareness and suicide prevention, followed by an engaging, interactive activity designed to encourage dialogue among students.

Having witnessed Brescia's passion and professionalism in her previous speaking engagements, I can confidently say that her presence at schools during this important week will have a profound and lasting impact on the students she reaches. She approaches every session with a clear understanding of her audience's needs, delivering not only valuable insights but also hope and encouragement to those who may be struggling.

I wholeheartedly recommend Brescia Bianco-Badenhorst for this program and believe that her efforts will contribute significantly to raising awareness about mental health and suicide prevention among young people. If you have any questions or require further details, please do not hesitate to contact me at stef@stefduplessis.com.

Thank you for your time and consideration.

Best,

Stef du Plessis

Founder, Professional Speakers Association of SA | Speaker Hall of Fame