



# Brescia Bianco-Badenhorst ↓

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

A compassionate advocate with extensive experience in offering support and guidance to families and individuals navigating mental health and/or addiction challenges.

\*The Addicted Brain (Emory University)

\*Fully Accredited Professional Addiction Counselling Diploma (CTAA)

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[www.bresciabianco-badenhorst.com](http://www.bresciabianco-badenhorst.com)

## SKILLS

- \* Public Speaking
- \* Empathy and Compassion
- \* Storytelling
- \* Education and Awareness
- \* Advocacy and Activism
- \* Effective Communication
- \* Listening Skills
- \* Content Creation
- \* Support and Guidance
- \* Research and Knowledge

## MEMBERSHIPS

**Associate Member & Communications Officer**

2024-PRESENT

Professional Speakers Association of Southern Africa

**Professional Member**

2025-PRESENT

International Society Of Substance Use Professionals

*Brescia*



## SPEAKER BIO

- \* As a recovering Heroin addict with 2 decades of sobriety, Brescia brings a unique and empathetic perspective to her advocacy work. She combines personal insights from her own journey with a deep understanding of the complexities surrounding mental health and addiction. Brescia is known for her engaging public speaking style, adept at connecting with diverse audiences through compelling storytelling and practical advice.

## SIGNATURE TOPICS

- \* Understanding and Preventing Bullying
- \* The Impact of Trauma
- \* Addiction Awareness and Recovery
- \* What Parents Need to Know and Hear
- \* Suicide Awareness and Prevention
- \* Brescia's Personal Journey

## 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

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