

To whom it may concern:

I whole-heartedly recommend Bre Lasley to be a part of your speaking program. She possesses the core of any good speaker, the ability to draw on personal experience and convey it in a way that effects each individual within the sound of her voice to think about their own life with motivation to change. I first heard Bre speak in a room full of hundreds of people and yet it was if she was speaking directly to me. As she took the stage and began speaking there was a warmth and a familiarity that surrounded her. Although we did not then know each other, it was if we were friends. I found myself listening to her story and at times realizing I may not have breathed for some time as I hung on every word. In the midst of hearing a terrifying story, I found myself imagining the scene as Bre described the events in detail and then to my surprise would hear myself laughing as she brought out the ironic parts that now could be seen as funny. She laughed at herself and certain aspects of the night, which gave us permission to do the same. She was endearing and relatable. Although our lives were completely different, I felt like if it could happen to her, it could happen to me and it could happen to anyone. What impressed me so much was her willingness to share not only the physical fight she experienced, but the emotional fight she experienced after. She was willing to be open and vulnerable to share a very personal struggle and how she found hope and self-love again, so that others - each of us that were listening who felt like she was speaking directly to us - could see that there was hope for our individual fights.

I look around the room at one point in time to see if others were feeling as I was to see hundreds of eyes fixed on her, some wiping tears away, others taking notes.

From this first experience listening to her, I knew we needed to become friends and I needed to learn more from her. I have thought about her words often and come back to them in times of difficulty. I have been in groups of people in which I have heard her name brought up in awe and admiration. She is affecting hearts. Her life experiences and most importantly the outlook she has in spite and because of them will affect any audience and individual that has the privilege of hearing her speak.

I look forward to seeing her wave of inspiration wash over millions.

Briana Johnson

Podcaster, blogger, writer, friend

@lifebeatsproject

thelifebeatsproject.com