

Antje Bricusse-Gerdes



International speaker profile:



Lecture title

“Stay cool before it explodes!”

Escalation begins in the mind - so does de-escalation! - Solving conflicts differently

Length of the presentation

- 20-90 minutes (depending on format & requirements)
- Can optionally be supplemented with a Q&A session

Aim of the presentation

People in organizations understand why they escalate or are triggered internally - and how they learn to remain clear, calm and responsible in challenging situations. The lecture aims not only to inform, but above all to transform: It encourages people to preemptively recognize their own patterns of thinking and reacting and replace them with clarity, empathy and attitude.

Benefits for the public

- Defuse conflicts: Whether in business, in a team or in a relationship - those who know the T.A.L.K. formula react more confidently.
- Mindset upgrade: New perspective on responsibility, clarity and self-management
- Building inner strength: Dealing with pressure, triggers and stressful situations
- Improve communication: T.A.L.K. offers an immediately applicable structure for difficult conversations
- Emotional depth without drama: the lecture touches, uplifts and moves

Cost of the lecture

- On request (depending on type of event, duration and arrival)
- Special conditions for NGOs, schools and special initiatives on request

Languages of the lecture

- German (mother tongue)
- English (fluent)
- French (fluent)

Why should you book Antje?

- Her story is unique: when her mother was killed by a serial killer, Antje began a lifelong search for answers.
- From this biographical fate, she developed a method that today helps people worldwide to stop conflicts in their tracks - before they escalate out of control.
- **The T.A.L.K. method** is the heart of her work - and the common thread in all her presentations: clear, concrete and immediately effective.
- Antje Bricusse-Gerdes is an international speaker on de-escalation.
- She speaks at conferences, in corporations, at trade fairs, in networks and on stages where real change is needed.
- Antje stands for plain speaking with heart. She inspires not through theories, but through lived depth, courageous truth and solutions suitable for everyday life.
- Her lectures bring insight, responsibility - and above all one thing: peace to the system.

Optional add-on

- Signed books as a give-away for participants (contingent).

Contact:

Agency: monica@antje-bricusse-gerdes.de

