

MEDIA & SPEAKER KIT

BRADLEY HALL

Speaker • Author • Educator



Helping people understand how their experiences shape who they are.

So they can intentionally choose who they become next.

Experiences shape perception. Awareness creates choice.

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About Bradley

Educator, author, and speaker on trauma, identity, and human development.

SHORT BIO

Bradley Hall is a speaker, author, and educator who helps people understand how their experiences shape who they are, so they can intentionally choose who they become next. After a traumatic event in 2005 collapsed his sense of identity, he spent more than a decade studying psychology, philosophy, and human behavior and coaching others through change. So when an unexpected DNA discovery later upended his identity again, he already knew how to navigate it, and turned immediately to serving others in the same storm. He holds a master's in Depth Psychology and is a certified trauma recovery coach at the supervisor level. He is the author of *Being Blessed Is a Choice*, the creator of NPE Awareness Month, and President of the NPE Network Board of Directors.

FULL BIO

Bradley Hall works at the meeting point of trauma recovery, identity, and human development. His path began with a personal collapse. A traumatic event in 2005 dismantled his sense of identity and sent him searching through psychology, philosophy, and human behavior for a way through. That search became his life's work. He began coaching in 2012, studied trauma recovery, and earned an M.A. in Depth Psychology & Archetypal Studies from Pacifica Graduate Institute. Today he serves as faculty and a coach supervisor with the International Association of Trauma Recovery Coaching.

When an unexpected DNA discovery later upended his identity a second time, he already knew how to navigate it. He still suffered, but he was not lost, and he turned immediately to serving others facing the same storm. That instinct reflects a belief at the center of his work: advocacy heals the advocate as much as the person being helped. His teaching rests on a simple idea drawn from his own life. Our experience is created moment to moment by how we perceive what happens to us, and awareness is where we reclaim the power to choose. He is the author of the memoir *Being Blessed Is a Choice* and the workbook *The Personal Power Playbook*, and the creator of *The NPE Experience*, a video-based healing course now becoming a book.

Bradley is President of the NPE Network Board of Directors, where he has created support and education programming for the NPE community since 2019, including the Mental Health Matters support sessions. He created NPE Awareness Month and has created and hosted five annual NPE Virtual Summits. He has appeared on CBS Sunday Morning. Across all of it, his message holds steady: you are not alone, and the adaptations trauma created in you are not who you are.

Before this work, Bradley served as a U.S. Navy Hospital Corpsman, worked as a firefighter and EMT, and spent more than thirty years coaching basketball. He teaches from lived experience as much as from study.

BOOKS

Being Blessed Is a Choice — A memoir of trauma, DNA discovery, and the choice to grow.

The Personal Power Playbook — A personal development workbook for reclaiming authorship of your life.

The NPE Experience (forthcoming) — A psychological guide to the NPE journey, from discovery through the stages of healing.

Credentials & Recognition

- Author of Being Blessed Is a Choice and The Personal Power Playbook
 - Creator of The NPE Experience — a healing course and forthcoming book
 - Creator of NPE Awareness Month
 - Creator and host of five annual NPE Virtual Summits
 - Appeared on CBS Sunday Morning
 - President, NPE Network Board of Directors
 - Faculty and coach supervisor, International Association of Trauma Recovery Coaching
 - Conceived and helped launch the Certified Trauma Specialist program
 - Certified Trauma Recovery Coach, supervisor level (CTRC-S)
 - M.A., Depth Psychology, Pacifica Graduate Institute
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Speaking Topics

Bradley speaks to NPE and identity-disruption audiences, trauma-informed professionals, educators, and organizations. Each talk can be shaped to the room, from keynote to workshop.

Identity Reconciliation

What happens to identity after an unexpected DNA discovery, and how people rebuild a coherent sense of self. For NPE, adoption, and donor-conceived audiences, and media exploring family secrets and identity.

Owning Your Experience

A broader talk on identity disruption and reclaiming authorship after life rewrites who you thought you were. For general and organizational audiences facing change, loss, or reinvention.

The Space Between What Happens and Who You Become

The perception-and-choice model at the heart of Bradley's work: how we create our experience moment to moment, and where awareness gives us our choice back. For growth, leadership, and corporate audiences.

Awareness as the Beginning of Change

A mindfulness-grounded talk on how awareness, reflection, and self-compassion become the foundation for lasting personal growth. For wellbeing, education, and trauma-informed settings.

These talks draw on the **Hall Human Development System**, Bradley's framework for how people develop, adapt, heal, integrate, and intentionally transform throughout life.

For Media & Podcast Hosts

Bradley is an open, story-driven guest who speaks in narrative and analogy. He is comfortable with hard subjects handled with care: childhood trauma, family secrets, DNA surprises, and the long work of recovery. He makes complex psychology accessible without losing depth.

CONVERSATION STARTERS

- How perception and choice shape who we become.
- Turning lived experience into a path others can follow.
- Why an NPE discovery is genuine trauma, not just surprising news.
- The moment a DNA test rewrites your identity, and what comes after.

RECENT & UPCOMING

Featured collaboration with CULTURS Magazine (forthcoming), and a growing schedule of podcast appearances. *Host of The Bradley Hall Show.*

What People Are Saying

"The professionalism, compassion, and wisdom is palpable. Mr. Hall is such an engaging speaker. I highly recommend."
— Derek K.

"Grounded, knowledgeable, validating, and an excellent listener. Need I say more?"
— Zach T.

"I have been thoroughly impressed with Bradley's extensive knowledge of multiple subjects, especially in the field of trauma recovery coaching."
— David T.

"If you have experienced some life changes and you need some guidance, Brad is your person. He understands and connects, because he's been through the same journey."
— Hope L.

"I was in recovery from the most traumatic and destabilizing event of my life. Going through Bradley's workshop gave me the tools I needed to get unstuck and continue on my path to recovery."
— Lorenzo H.

"This was life changing. Brad's program helped me realize some patterns of destruction I had carried due to past traumas. I am now living a much more meaningful life and allowing joy to be a part of it."
— Lynn D.

Bring Bradley Hall to Your Audience

Bradley is available for keynote presentations, conferences, workshops, podcasts, television, media interviews, and organizational training.

To inquire about availability, speaking fees, or interviews:

Email bradley@thebradleyhall.com

Website thebradleyhall.com

Booking thebradleyhall.com/speaking-media

Podcast thebradleyhallshow.com

Social YouTube [@thebradleyhalltv](https://www.youtube.com/@thebradleyhalltv) Instagram [@thebradleyhall](https://www.instagram.com/thebradleyhall) · Facebook [@thebradleyhall](https://www.facebook.com/thebradleyhall) ·

LinkedIn [@thebradleyhall](https://www.linkedin.com/company/thebradleyhall) · Tik Tok: [@thebradleyhall](https://www.tiktok.com/@thebradleyhall)

Reflect. Choose. Live Intentionally.