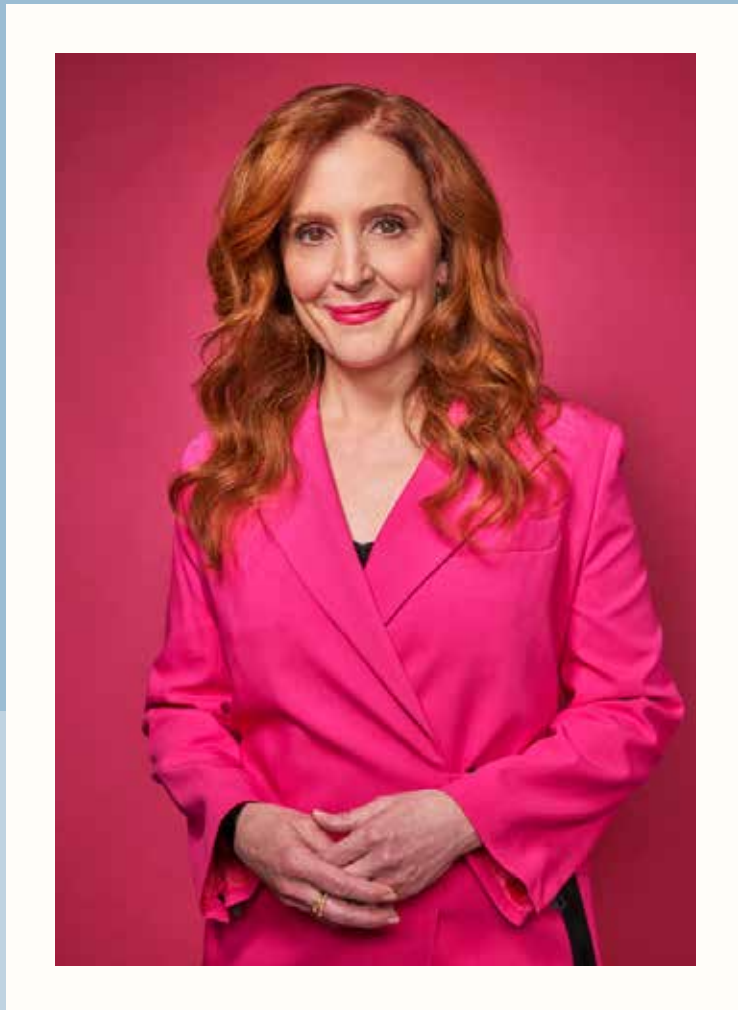




Tricia Brouk

MEDIA KIT





HEY THERE!

I'm Tricia Brouk.



I grew up on a farm in a small town in Missouri where I sold strawberries picked from our garden, learned how to shoot a gun so we could eat squirrels for lunch (I am now a vegetarian) and always knew there was more. When I began taking dance lessons at the local studio, I found my purpose, which was to become a professional dancer in New York City. I imagined moving to The Big Apple and dancing with Baryshnikov. I did create a life in NYC and realized this dream by performing on stages all over the world including Lincoln Center, Opera Houses in Vienna, Palermo, Sintra, Lisbon, Austria and Brooklyn Academy of Music. And I also realized the dream of dancing with Baryshnikov when I was with Lucinda Childs Dance Company. Dream big because anything is possible and everything you think is true. I'm living proof.



I have devoted my life to performance, whether it's in film, television, theater, or dance. Having been on thousands of stages in my life, I also know the greater impact I can have, is by supporting Founders, Authors, CEO's, Thought Leaders and Influencers in taking big stages. The ripple effect of amplifying and elevating the voices of others is the lasting legacy I can leave behind in order have global impact.

In my work as a mentor for speakers, advocate and ally for social justice, director and producer of documentary films, podcast host, YouTube creator and author, my mission is the same and that's to make the world a better place.



MISSION

The Big Talk is the most loving transformational speaker platform in the world.



VISION

To unify human beings through speech.



VALUES

Integrity, inclusion, honesty, excellence, reliability, compassion, courage, curiosity, respect, and love.

I am super excited to hear about your vision, how you want to impact the world and how we can collaborate on doing big things. Your voice matters and I cannot wait to help you amplify it.

Big love,

Tricia

B

Let's do big things together!



A little more about me...so you don't have to go digging.

I live across the street from the Alvin Ailey Dance Theater in NYC, where I get to watch young dancers realize their dreams every day.

I'm happily married to Joe Ricci, my most successful production to date. We had the privilege of loving two Main Coon cats, Lola and Bella, who now live with me in spirit. And they visit everyday all day long. They sent me Eva Moon, who I rescued from the shelter I volunteer at.

In 2020, I wrote *The Influential Voice: Saying What You Mean For Lasting Legacy*. I wrote my second book *The Invitation: Vital Conversations About Menopause* in 2023. *Big Stages* a documentary about my work with speakers premiered at The Chelsea Film Festival in 2023 and my third book, *The Zen of Living and Leading* will be coming out soon, published by The Big Talk Press, my boutique publishing house.

I have worked with James Gandofini, Kate Winslet, Susan Sarandon, Bobbie Cannavale, Christopher Walken, Eddie Izzard, Steve Buscemi, Kelly Reilly, Simon Curtis, Famke Janssen, Lt. CL. Alex Vindman, The Chief of Police of NYC, and Mayoral Candidate Kathryn Garcia and Fran Liebowitz.

I'm the former Executive Producer of TEDxLincolnSquare in New York City and the Founder of The Big Talk Academy; Speaker and Thought Leadership Incubator.

I was awarded the Best Director by the International Association of Top Professionals in 2019.

I love leopard print. In fact, my living room looks like my wardrobe. I love popcorn and martini's.

I am a prolific creator.

In 2021 I was awarded Empowered Woman of The Year by The International Association of Top Professionals.

I get up at 4am and do not go out past 5pm ever, which also means I'm in bed and asleep by 7:30pm.

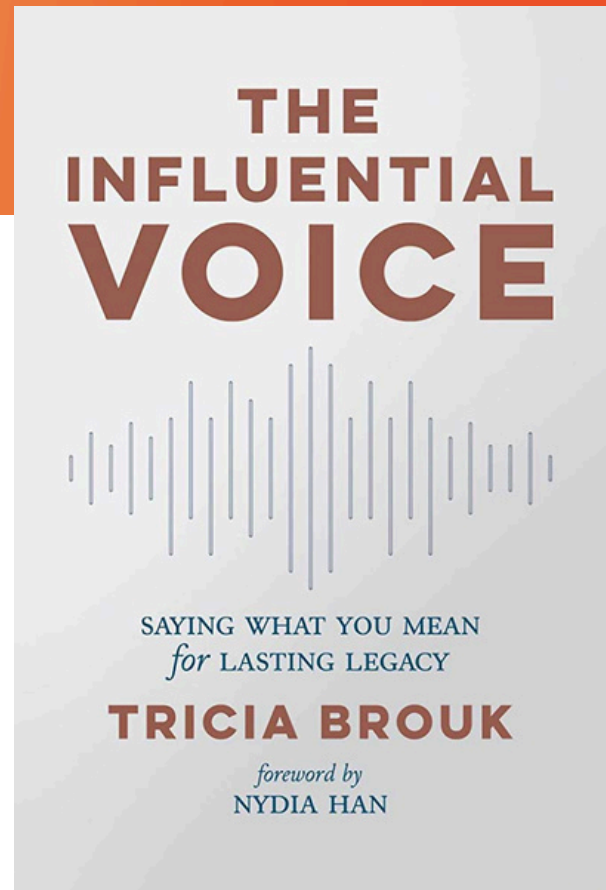
I have directed, choreographed, produced, and written, two musicals, a screenplay, several one woman shows, and a burlesque show where I performed an homage to Sally Rand and danced a piece called Sweet Buns where I ate a hamburger onstage in less than three minutes.

At 51, I landed my first magazine cover on Brainz Magazine. This is what being in your 50's means. Anything is possible.

THE BOOKS

The Influential Voice: Saying What You Mean for Lasting Legacy

In June of 2020, instead of going to Mexico with Joe for our anniversary (for obvious reasons- or if it's not obvious, the Pandemic...) I decided I would use that time to be productive. I found myself being called to say something about the impact of the language that was being spoken from the White House. I realized that I had an opportunity and a responsibility to shine a light on the power of our words for good or bad and teach people all over the world, that what they say and how they say it impacts the lives of others in profound ways and in becoming conscious of how we speak, we can move from away hate and towards love.



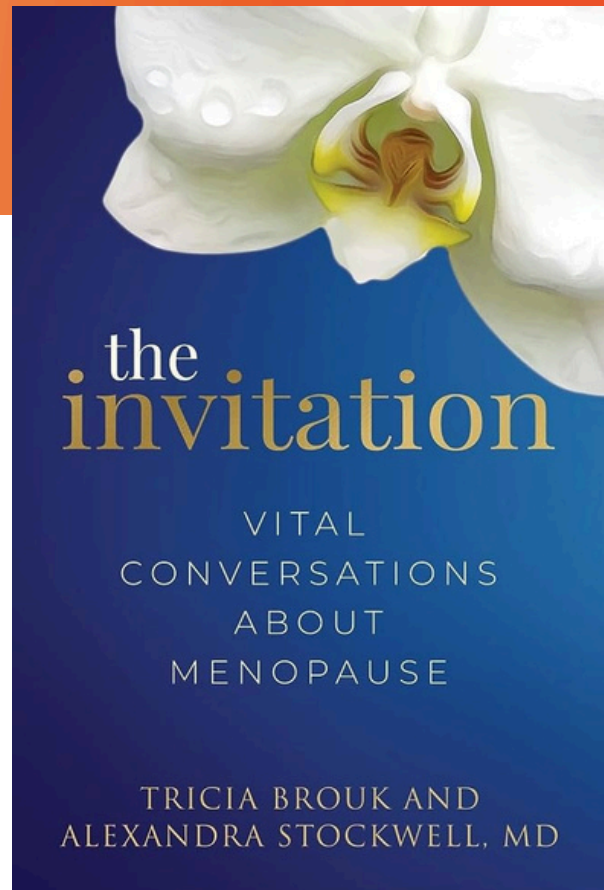
In the wake of Ahmaud Arbery, Breonna Taylor and George Floyd's murders, I wrote Chapter One and got a book deal the next week. I wrote the first draft of my book in the ten days I was not in Mexico and the book was #1 New Release on Amazon in February of 2020, released in April 2021. I hired Lisa Cahn, to produce my audio book and enlisted my friend Andrew David Sotomayor, long time lyricist, and composer of my musicals to score it. I have been featured on Fox29 Philadelphia, Fox32 Chicago, Fox19 Cincinnati, and in The Philadelphia Inquirer, talking specifically about Stop Asian Hate, Pride, Inclusion and the power of our words.



The Invitation: Vital Conversations About Menopause

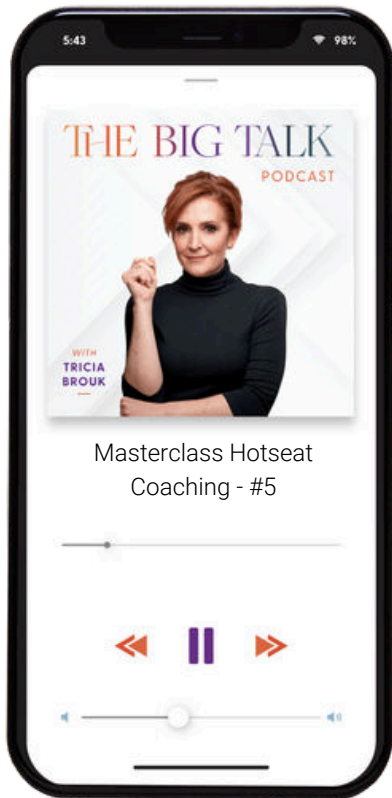
Whether you're a woman in the midst of menopause, anticipating it, or close to someone who is, you are invited to join a candid, provocative conversation in a safe space where all experiences are honored. The Invitation is an expansive, meaningful dialogue between two friends that unfolds organically as the authors discuss the nuances of their individual experiences, challenge widely held social constructs, and give rise to empowering new perspectives on the menopause paradigm.

Chapters explore physical manifestations of menopause, sex and intimacy, marriage through the lens of menopause, and how menopause impacts women at work—a topic for which an expert joins the conversation to enlighten readers about both challenges and solutions for female employees going through menopause.



There are also important contributions from three women with diverse backgrounds who share their heartbreaking and poignant personal journeys of feeling abandoned by the medical system and betrayed by their own bodies.

The Invitation is not about medical treatments or behavioral solutions. It's about creating a collective sisterhood; engaging in open, honest dialogue; and validating and empowering one another to embody a different and more inspiring relationship with menopause.



THE PODCAST

I have produced more than 600 Podcast episodes. The Big Talk is ranked top 1% globally. In February of 2021, I decided to open my heart and start sharing more behind the scenes of my life. If I was asking my community of speakers to get vulnerable, I needed to start sharing more vulnerably on my show. Every Tuesday, I offer a solo-cast alternating with guest interviews and on Fridays we highlight my speakers. Each Friday you get to listen to one of the speakers deliver a big talk they developed by having gone through my programs.

[LISTEN NOW](#)



Past Guests



FARNOOSH TORABI

America's Leading
Personal Finance Expert



STEDMAN GRAHAM

Author and
Entrepreneur



HAP KLOPP

Founder of The North
Face



NIK WALKER

Star of Broadway's
Hamilton and Ain't Too
Proud



JJ RAMBERG

Former Host of
MSNBC's Your Business



ELIZABETH WELLINGTON

Columnist with the
Philadelphia Inquirer



NYDIA HAN

Emmy Award Winning
Journalist



THE YOUTUBE CHANNEL

At the height of the pandemic, when we had no access to hair salons, nail salons or makeup artists, and all of the Logitech cameras for computers were back ordered, I decided to start a YouTube Channel. Someone told me that if I created new content five days a week for four months straight, it would be good for the algorithms and my content would be seen by the masses. Challenge accepted. I created 80 unique episodes of The Big Talk on YouTube and although doing my own hair was hard, my biggest challenge was finding 80 different outfits. Scarves come in handy when you are trying to pull this off! The channel now houses hundreds of episodes and features all my speakers from all across the globe.

[WATCH NOW](#)



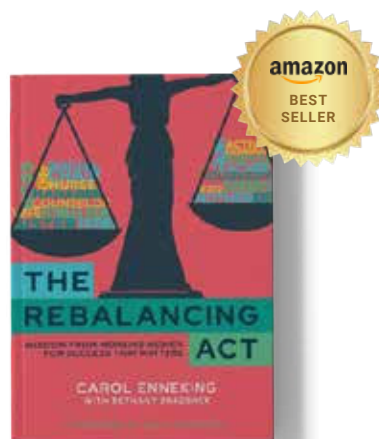
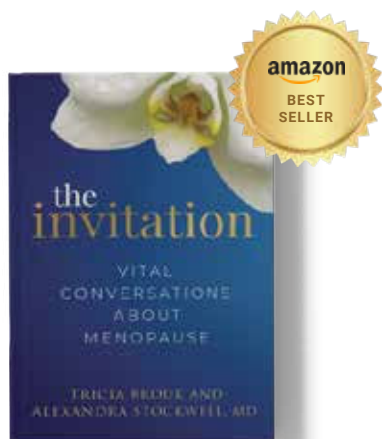
THE BIG TALK PRESS

THE BIG TALK PRESS IS DEDICATED TO GIVING AUTHORS A CHOICE ON HOW THEY CAN PUBLISH THEIR BOOKS.

The Big Talk Press is a boutique publishing house specializing in memoir, self help and business books meant to support your success as a speaker and thought leader. Our founder is a three time published author and award winning director who has worked in film, television and theater for over three decades.

Traditional publishers require you to have thousands of followers before they will even consider your book. We are all about inclusion here at The Big Talk Press. If you align with our values and have a powerful story to share, we are here to support you, no followers necessary.

And self publishing can take precious hours away from what you are meant to be doing, actually writing your book. The Big Talk Press will support your publishing needs so that you can be the author and leave the rest to us.



THE DOCUMENTARIES

I'm Buddhist and I happen to subscribe to Lion's Roar, a magazine that provides Buddhist teachings, news, and perspectives so that the understanding and practice of Buddhism flourishes in today's world. I was at brunch on Sunday alone (something I adore doing) reading an article on Justin Von Bujdoss, the Buddhist Chaplain at Rikers Island who was teaching meditation to the Correction Officers.

My body began buzzing. I knew I had to tell his story. I immediately went searching on social media only to find he had a LinkedIn presence. I reached out asking him to coffee telling him my idea and two days later we met up. I pitched him the idea of featuring him and his family along with the work he does at Rikers, and he agreed. Cut to now where the film has won multiple awards.

Right Livelihood: A Journey to Here

- Best Documentary Short at The Olympus Film Festival
- Best Documentary Short at The Los Angeles Move Awards
- Winner- Under the Stars International Film Festival, Independent Shorts Awards, JellyFest
- Official Selection - Flickfair Festival, Los Angeles, CA, Manhattan Film Festival, NYC.



[WATCH TRAILER](#)

You're Gorgeous I love Your Shirt: An Inside Look at Bullying and Mental Health

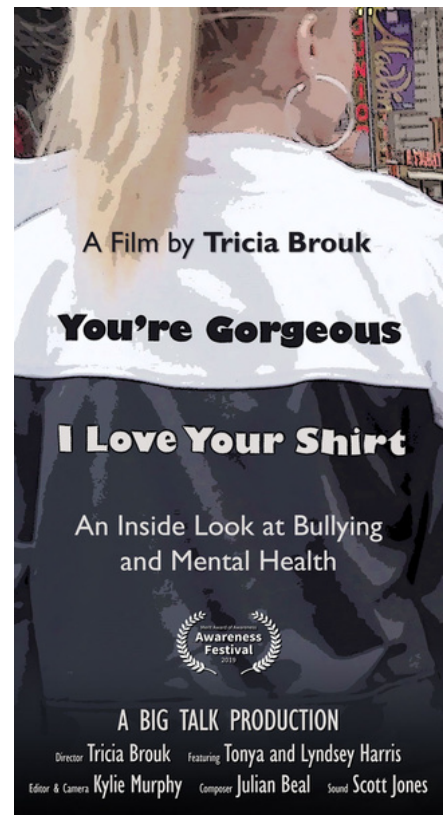
Another documentary I wrote, produced, and directed is about a young girl who was bullied in school because of a learning disability. Because of the pain she was in she attempted suicide twice. The Broadway musical Dear Evan Hansen became her life-line and because she and her family's desire to share this powerful story, they hope to save the lives of other people who are feeling alone.

[WATCH TRAILER](#)

This Dinner is Full

How do pasta sauce and empathy go together? I'll show you in the documentary This Dinner is Full, about Chris Schembra and his remarkable dinners where he teaches people how to increase their empathy by gathering and connecting.

[WATCH TRAILER](#)



- Winner The Awareness Festival
- Winner Independent Short Award
- Winner JellyFest





The Big Talk Over Dinner

Along with my book, The Big Talk Academy, The Speaker Salon and my documentaries, it's my mission to teach and model how to have hard conversations so that we can learn not only how to co-exist but also how to really come together as human beings with differing cultures, races, genders and political beliefs. This is why I produced The Big Talk Over Dinner a three part docu- series where I invite five people to have dinner with me in New York City to talk about race, immigration, gender and leadership.

[WATCH TRAILER #1](#)

[WATCH TRAILER #2](#)

[WATCH TRAILER #3](#)



Big Stages

"I love movies. I love making them and I love watching them. I also share that it's pretty difficult to surprise me in life and on the big screen.

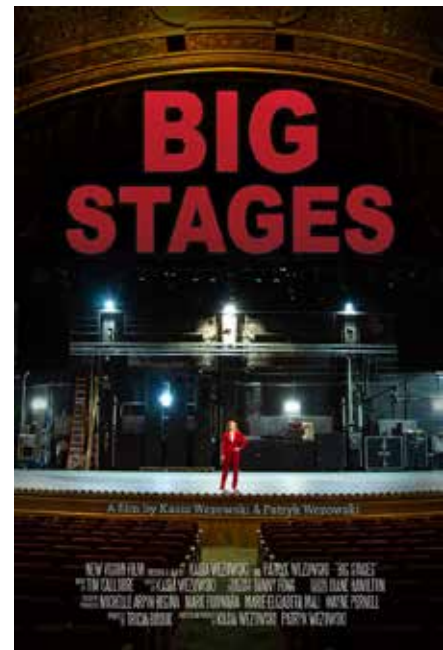
Two years ago, I was approached by two filmmakers about doing a documentary about my work with speakers. They had been referred to me by the incredible Dr. Diane Hamilton, who's podcast I had guested on.

This was a surprise.

Before saying yes to this project, because I was not an immediate yes, we spoke several times about "why my work?", when there are a million other speaker coaches, "why this process?" when there are so many ways to show this and "why now?" because I have a lot going on already.

When, together, we decided this would be the right project, I was all in. I leaned into full trust of Kasia and Patrick Wezowski, the incredible filmmakers of Big Stages.

[WATCH THE FILM](#)



And by doing this, I freed myself to show my work, show my process and the urgency of why now, in order to showcase six incredible speakers from The Big Talk community who are making a global impact by using their voices.

Shooting for two years with six different speakers was an incredible experience, not only because of how I got to witness their transformation, but also because I became even more vulnerable in the process. A lot happens in two years and a lot happens in Big Stages.

Big Stages features the amazing cast of: Dr. Wayne Pernel, Michelle Arpin Begina, Marie-Elizabeth Mali, Mark Fujiwara, Dr. Annika Sörenson and Dona Edwards.

SPEAKING



I have spoken at:

- Pride Global
- Forbes
- The National Organization for Rare Disease
- Ellevate
- Zevio
- Shero
- New York Public Library
- Shakespeare and Company
- Barnes and Noble
- The Core Club in NYC
- The Business of WE (Women Entrepreneurs)
- I Heart My Life Live
- EpicFIT in Phoenix
- Archangel in Toronto
- The Business of We NY
- Ikigai Court in CA
- Speak Up Women NY
- The International Leadership Academy for Women
- The Soho House in Chicago

If you are interested in having me speak or teach at your event email team@Triciabrouk.com with the dates and information so we can begin the conversation about how I can best serve your audience.

“The best of the best.”

“As an industry professional, I understand the importance of selecting the right Keynote speaker for your event. If you want to drive action within your organization, Tricia Brouk is the best of the best.”

ANNETTE BRECHBILL

Founder of The Brechbill Group

MEDIA APPEARANCES

\$25,000

per keynote + Travel





LET'S DO THIS!

Are you ready to collaborate?

If you envision a collaboration, please email:
team@triciabrouk.com and include how you desire to partner.
I'm super excited to start the conversation.

Big love,

Tricia

As Seen In:

**Harvard
Business
Review**

Forbes

**BUSINESS
INSIDER**

Money