

When Others Fled, He Stayed: Jacques Delorme's TEDx Talk on Trauma, Silence, and the Power of Speaking Up



Regina, Saskatchewan Jul 23, 2026 ([Issuewire.com](https://www.issuewire.com)) - Jacques Delorme, a real estate professional and self-development advocate, delivered a powerful TEDx talk about how one life-changing night in October 2021 transformed his perspective. In the talk, he shares how choosing to speak up instead of staying silent became the turning point in his healing journey.

Watch his full TEDx Talk here:

<https://www.youtube.com/watch?v=oler7JsKY3M>

A Night That Changed Everything

Jacques was driving to meet a real estate coach when a cyclist suddenly appeared in his lane on a dark, unlit highway. The collision was unavoidable.

The tragedy became even more devastating moments later. As Jacques tried to warn oncoming traffic and help the cyclist, two passing vehicles struck the cyclist and continued driving without stopping. Jacques, who had emergency first aid training, was the only person who remained at the scene.

Later, investigators informed him that the collision did not appear to be an accident. According to their findings, the cyclist had intentionally ridden into the roadway. While that information helped Jacques better understand what had happened, it did not erase the guilt, fear, and self-blame he carried in the weeks that followed.

From Silence to Finding His Voice

In his TEDx talk, Jacques explains the personal work that helped him recover. He credits his healing to consistent morning routines, professional counseling, and what he calls "unmuting" himself.

He describes this process as maintaining two important conversations. One is with his "inner child," the part of him that carried the early belief that he was "not enough." The other is with his "higher self," the person he was striving to become through growth and self-awareness.

A central theme of the talk is the difference between his response and that of the two drivers who left the scene. While they chose silence, Jacques chose to speak. He opened up to counselors, trusted friends, and eventually shared his story publicly.

The Message

Jacques ends his talk with a simple but meaningful challenge. Most people will never experience trauma on the same scale, but everyone will eventually face moments that require a choice: remain silent or speak up.

He believes that finding your voice, even in life's smaller challenges, is what allows you to heal, grow, and move forward instead of letting difficult experiences define who you are.

About Jacques Delorme

Jacques Delorme is a speaker and self-development advocate who focuses on resilience, emotional healing, and personal accountability after trauma. Through his speaking and content, he encourages others to process difficult experiences, reclaim their voice, and build a stronger future.

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