



# Introduction for Lynsey Retzlaff

(Pronounced RETZ-loff....like “loft” without the T)

Most people assume burnout is a personal problem — a sign that someone isn't resilient enough, or hasn't figured out the right way to manage their stress.

Our next speaker has spent over 13 years as a licensed psychotherapist proving that wrong.

Lynsey Retzlaff works with individuals and organizations on the conditions that actually drive burnout — not stress itself, but the misalignment, overload, and lack of reinforcement that make sustained pressure impossible to recover from. She maintains a trauma-informed private practice and spoken for organizations across healthcare, finance, and public safety.

Lynsey created The Stability System™ — a psychology-informed framework that treats mental health not as a wellness add-on, but as the operational foundation that supports decision-making, communication, and performance.

The work isn't about coping as a last resort. It's about building the kind of stability that creates sustainable effectiveness.

Please welcome Lynsey Retzlaff.