



# Introduction for Lynsey Retzlaff

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

Most people think stress is just part of life—something to manage, push through, or power past. Our next speaker used to think that too. Until life-threatening alcohol withdrawal seizures forced her to confront a harder truth: you can't just manage stress. You have to heal what's causing it.

For over 13 years as a licensed psychotherapist, she's worked with high-achieving women healing from trauma and professionals on the edge of burnout. She's spent time in one of the nation's leading trauma programs and partnered with organizations from Fortune 500 companies to local fire departments—not teaching people how to cope better, but helping them address what's actually breaking down.

Her work has been featured in Parents, Parade, and Homes & Gardens, and her signature program, Balance on Purpose™, gets to the root of what traditional stress management misses.

She believes mental health is the invisible foundation that supports connection at home, innovation at work, and confidence in everyday life. Her work centers on strengthening that foundation so people and organizations can remain steady—even in chaos.

Because when the foundation is strong, everything else becomes possible: purpose, performance, presence, and peace.

Please welcome Lynsey Retzlaff.



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