



# Bio for Lynsey Retzlaff

## Long Version (NOT to be read as introduction)

After enduring life-threatening alcohol withdrawal seizures, Lynsey Retzlaff learned firsthand that mental health isn't an add-on—it's the foundation holding everything else up. When your inner groundwork fails, everything built on it begins to wobble. When that foundation cracks, everything built on it—performance, relationships, presence, peace—begins to wobble. Healing at the root isn't just transformational—it's life-saving.

For over 13 years as a licensed psychotherapist, Lynsey has specialized in helping high-achieving women heal from interpersonal trauma and break the cycle of anxiety. She worked with and assisted in opening one of the nation's leading evidence-based trauma residential programs, where she developed her approach: compassionate, science-backed, and focused on what actually changes things long-term.

Her own experience with alcoholism, anxiety, burnout, and trauma—combined with the patterns she saw in over 700 clients—led her to create Balance on Purpose™. It's a coaching program for professionals and working parents who are done with quick fixes and ready to address what's really driving their stress so they can create balance and connection with their family while being successful in their career.

Lynsey has worked with Fortune 500 companies to local organizations and leadership teams to strengthen how people work together, reduce burnout, and create workplaces where employees want to stay. Her insights have been featured in Parents, Parade, Homes & Gardens, and numerous podcasts. She's been recognized as The Top 3 Mental Health Providers in Lake Country Wisconsin.

Lynsey lives in Wisconsin with her two children. Whether she's delivering a keynote, training leaders, or sitting across from a client in therapy, her focus stays the same: strengthen the foundation so everything else can hold. Because when your foundation is strong, you can build anything—purpose, performance, presence, and peace. Lynsey lives in Wisconsin with her husband and two children. She was born in Tennessee and connects with her southern roots and love of country music.

## Short Version (NOT to be read as introduction)

After surviving life-threatening alcohol withdrawal seizures, Lynsey Retzlaff learned that mental health isn't optional—it's the foundation everything else is built on. For over 13 years as a licensed psychotherapist, she's specialized in trauma therapy for women and burnout prevention for professionals across Wisconsin and beyond. Drawing from her work with one of the nation's top evidence-based trauma residential programs, Lynsey helps people address the root causes of stress, not just manage symptoms. She created Balance on Purpose™, a program that tackles the deeper pressures driving overwhelm and builds genuine, lasting resilience. Lynsey has partnered with Fortune 500 companies, local organizations, and leadership teams to create healthy cultures and reduce burnout. Her work has been featured in Parents, Parade, and Homes & Gardens. She lives in Wisconsin with her two children, where she continues to practice what she teaches: building foundations strong enough to hold everything else.

## Super Short Version (NOT to be read as introduction)

Lynsey Retzlaff survived life-threatening alcohol withdrawal seizures and now uses her story, 13+ years as a licensed psychotherapist, and her Balance on Purpose™ program to help people heal stress at the root so they can cultivate connection, calm, and capacity to thrive in a demanding world.



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