



Bio for Lynsey Retzlaff

Long Version (NOT to be read as introduction)

Lynsey Retzlaff is a licensed psychotherapist, workplace mental health speaker, and creator of The Stability System™, a psychology-informed framework that helps individuals and organizations function effectively under pressure by strengthening alignment, clarity, and reinforcement.

Her work sits at the intersection of mental health, leadership, and performance, translating psychological insight into practical strategies that improve communication, decision-making, and sustainable effectiveness.


With over 13 years of clinical experience, Lynsey specializes in stress, communication breakdown, and the psychological patterns that quietly erode performance and connection. Before developing The Stability System™, she experienced firsthand what happens when alignment, stability, and validation are absent. Navigating burnout, survival coping, and addiction in high-pressure environments, she learned that recovery required more than awareness. It required rebuilding stability from the ground up. That foundation is what she now teaches.

Lynsey partners with healthcare systems, leadership teams, and high-performing professionals. She also maintains a private therapy practice providing trauma-informed care for women navigating anxiety, relational strain, and unresolved stress patterns, work that continues to inform and deepen her broader frameworks.

The mission is simple: build a solid foundation so people and organizations can stand firm, even in chaos.

Short Version (NOT to be read as introduction)

Lynsey Retzlaff is a licensed psychotherapist and speaker who helps individuals and organizations understand why they keep hitting the same walls under pressure — and how to build the stability, alignment, and validation infrastructure to move differently. She is the creator of the Stability System™ to create sustainable performance in a high-demand environments and roles.

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