



Lindsey Fish - Speaker Bio

Lindsey Fish's life is a testament to resilience, daring ambition, and profound personal growth. Her entrepreneurial journey began in 2013 when, unwilling to leave her newborn for 12-hour work days, she launched her first events agency.

This set the stage for the Mums Enterprise Roadshow, a pioneering series of child-friendly events that helped thousands of mothers find work and build businesses. However, while running her thriving business, Lindsey was silently battling perinatal depression and deep grief, eventually developing a secret reliance on alcohol. The closure of her business in 2018 exacerbated these struggles.

Everything changed on June 24th, 2022, when she chose a life of sobriety and as many sober women was late diagnosed with ADHD.

Today, Lindsey continues to shine as she leans into her intuition and heartfelt purpose by using her voice for good.

Building her message around 'The Courage to Rise and Stay Risen'. She now speaks and writes across her curated Four N's Framework, Noticing, Naming, Navigating and Nurturing. With a particular focus on what happens after the climb.

Known for her straight-talking, unvarnished honesty, Lindsey strips away toxic positivity to offer practical tools for all stages of life transformation, with a particular focus around learning to inhabit the peace we fought so hard to find.

My Transformation Promise

"I help women wake up from the survival-mode, autopilot life and step into conscious, intentional change. But I don't just teach the comeback. I help women navigate the hardest, most unspoken chapter of transformation, the courage it takes to live in peace once the crisis is over. I help women rise and stay risen."

Lindsey Fish



Talk #1 - It Starts with Noticing

For audiences earlier on in their healing journey. Helping audiences wake-up and start noticing - the first step to life transformation.

How to Wake Up From Survival Mode and Reclaim Your Life.

Most of us are living on autopilot, led by a nervous system built for surviving rather than living.

In this foundational keynote, Lindsey shares her raw story of business collapse and addiction, revealing how change doesn't start with courage or confidence, it starts with noticing.

The Audience Will Learn:

1. How to recognise the "quiet whispers" and patterns of survival mode
2. How to move from "white-knuckling" through life to intentional, conscious choices
3. The first practical steps of emotional literacy and pausing the autopilot brain

Talk #2 -The Courage to Rise and Stay Risen.

For audiences who are further on in their healing journey and wondering, who am I now?

The whole wellness industry sells the climb. But what happens when you finally reach the peace you fought for, and it feels like a trap?

This talk dives into the transformation journey and Lindsey's Four N Framework (Noticing, Naming, Navigating and finally Nurturing).

Lindsey here raises the topic of life after the breakthrough, addressing the silent struggle of the woman who is completely rebuilt, but quietly terrified of losing it.

The Audience Will Learn:

The Joy Tolerance Problem: Why a nervous system built for chaos interprets peace as danger, and how to stop bracing for the next disaster

Warrior Grief: How to mourn the hyper-vigilant survival identity that kept you alive, without feeling guilt or ingratitude

The Four Ns Framework: A practical, four-step map (Noticing, Naming, Navigating, Nurturing) to understand where you are in your journey with the intention of guiding you finally as to how to anchor yourself in the good life you have built or are currently building.



Bookings:

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Available for:

Guest Panelist

Panel Host

Speaker slots - 15-30 mins

Workshop Slots - Courage to Rise & Stay Risen - The 4N
Framework - Where are you?