

The Courage to Rise & Stay Risen

Lindsey Fish: Speaker, Writer, and Advocate for Conscious Change.

Stripping away toxic positivity to offer practical tools for life transformation.



Helping women wake up from survival mode.

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

The entire wellness industry sells the climb, but ignores the plateau.

The Climb

(The Standard Focus):

Fighting your way out of the dark. The standard narrative of grit, crisis, and breakthrough.

Warrior Grief:

The silent struggle of the completely rebuilt woman mourning the hyper-vigilant survival identity that kept her alive.

The Joy Tolerance Problem

(Lindsey's IP): A nervous system built for chaos interprets peace as danger. What happens when stability feels terrifying?

Moving from coping to choosing.

Survival Mode (The Descent)

The Baseline: Living on autopilot; heart closed tight in protection mode.

The Strategy: "White-knuckling" through daily life.

The Nervous System: Built for chaos; bracing for the next disaster.

The Outcome: Coping with the chaos, merely surviving.

Sustained Stability (The Risen State)

The Baseline: Stepping into conscious, intentional awareness.

The Strategy: Pausing the autopilot brain; conscious acceptance of love.

The Nervous System: Building emotional literacy from scratch; tolerating joy.

The Outcome: Anchored in the good life you have built.

A timeline of daring ambition and conscious choice.

2013: Motherhood & Ambition

Unwilling to leave her newborn for 12-hour work days, Lindsey launches her first events agency, creating the pioneering Mums Enterprise Roadshow, helping thousands of mothers find work.

2018: The Silent Battle & The Collapse.

Behind a thriving business, a silent battle with perinatal depression, deep grief, and a secret reliance on alcohol culminates in the closure of the business, pushing hidden struggles to a breaking point.

24 June 2022: The Turning Point

Makes the definitive choice to embrace a life of sobriety.
Experiences a late diagnosis of ADHD, bringing clarity to the chaos.

Today: The Risen Voice

Leaning into her intuition and heartfelt purpose. Stripping away toxic positivity to deliver practical tools for life transformation and sustained stability.

A practical map for inhabiting peace.



Noticing

The art of waking up. Pausing the autopilot brain to recognise survival mode and the "quiet whispers." You cannot change what you cannot see.



Naming

Emotional maturity. Developing the emotional literacy to give vocabulary to feelings and accurately identify nervous system states.



Navigating

The messy rise. Moving away from white-knuckling, doing the daily work of emotional regulation, and making intentional, conscious choices.



Nurturing

Sustained stability. Anchoring yourself in the good life you have built and learning to inhabit the peace you fought to find.

Talk 01: How to Wake Up From Survival Mode and Reclaim Your Life.

Target Audience

For audiences earlier on in their healing journey who need help waking up and taking the first step to life transformation.

The Premise

Most of us are living on autopilot, led by a nervous system built for surviving rather than living. Lindsey shares her raw story of business collapse and addiction to reveal that change doesn't start with courage or confidence—it starts with noticing.

The Takeaways

1. How to recognise the “quiet whispers” and deeply ingrained 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 to pause the autopilot brain.

Talk 02: The Courage to Rise and Stay Risen

Target Audience

For audiences further along in their journey, who are completely rebuilt but quietly asking, "Who am I now?"

The Premise

The 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 addresses the silent struggle of life after the breakthrough.

- 1. The Joy Tolerance Problem:** Understanding why a chaotic nervous system interprets peace as danger, and how to stop bracing for the next disaster.
- 2. Warrior Grief:** How to mourn your hyper-vigilant survival identity that kept you alive, without feeling guilt or ingratitude.
- 3. The 4N Framework:** Applying Noticing, Naming, Navigating, and Nurturing to anchor yourself in the good life you have built.

Seamless integration into your event schedule.

Keynote Speaker

15 to 30-minute high-impact speaker slots delivering her signature talks to set the tone and emotional resonance for your event.

Workshop Facilitator

Deep-dive, interactive sessions guiding attendees through 'The Courage to Rise & Stay Risen' using the actionable 4N Framework.

Panel Host / Moderator

Skilfully steering conversations, extracting unvarnished honesty and practical, actionable insights from your panellists.

Guest Panellist

Providing a raw, relatable, and deeply experienced voice on the complex intersections of mental health, female entrepreneurship, and addiction.

Let's help your audience rise, and stay risen.

Book Lindsey Fish

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