



# Haley Elise Ridgel

Speaker | Author | Creator of the Begin Again Framework



## About

Haley Elise Ridgel is a Covington-based speaker and author who helps individuals and communities rebuild after life's hardest seasons. Drawing from lived experience with bipolar disorder, trauma, and recovery, she created the Begin Again Framework, a five-step approach that guides people from pain to purpose through spirituality, reflection, and intentional action.

Haley's message reminds audiences that healing is not about perfection but progress. Her work blends storytelling, practical insight, and spiritual grounding to inspire resilience, compassion, and hope.

## Speaking Topics

- ✓ The Begin Again Framework: Five Steps Toward Healing and Renewal
- ✓ The Middle Is Where We Heal: Finding Purpose in Unfinished Seasons
- ✓ Spirituality and Mental Health: Integrating Faith and Recovery
- ✓ Rebuilding After Brokenness: From Surviving to Living Again
- ✓ Healing in Community: The Power of Connection and Compassion



***Haley Elise Ridgel's mission is to remind people that no matter how far they have fallen or how much they have lost, they can begin again. Through storytelling, spirituality, and strategy, she helps audiences breathe, reflect, and rebuild one courageous step at a time.***

Contact



985.264.8370



haley@mywildmoss.com



haleyridgel.com