

# ABOUT ME

Haley Elise Ridgel is a speaker, author, and mental health advocate who helps people rediscover purpose through spirituality, storytelling, and self-reflection. As the creator of the Begin Again Framework, she guides others through the process of healing and renewal using five steps: Breathe. Examine. Ground. Invite. Next Step.

After walking through trauma, bipolar disorder, and the process of rebuilding her life, Haley Elise Ridgel found strength in vulnerability and meaning in the middle of her journey. Her work reminds people that healing is not about perfection, it's about progress.

Through her writing, speaking, and workshops, Haley Elise Ridgel helps individuals and communities slow down, reconnect with what matters most, and take their next step toward wholeness. Her message is simple yet profound: no matter where you are, you can begin again.

