



NATALIE NEWGENT

FIREFIGHTER | PEER SUPPORT ADVOCATE | SPEAKER | ENTREPRENEUR

Natalie Newgent is a former firefighter, tradeswoman, and long-standing peer support leader with a mission to change how we talk about mental health in high-stress professions. With 16 years in the fire service, 5 years in construction, and 20 years of peer support experience with the Vancouver Fire Department, she brings raw authenticity and hard-earned insight to every stage she steps on.

As a woman working in male-dominated industries, Natalie knows what it means to be the one everyone depends on—while silently battling PTSD, depression, anxiety, and burnout. After a personal mental health crisis nearly cost her her life, Natalie chose a new path.

She founded Rekindled Retreats, a peer-driven mental wellness platform offering healing retreats, trauma-informed coaching, and somatic-based workshops designed for first responders, tradespeople, veterans, and helpers of all kinds. Currently pursuing her Master's in Integrative Somatic Therapy, Natalie blends academic knowledge with lived experience to deliver talks that are equal parts educational and deeply human. She doesn't just speak about trauma—she speaks from it, offering tangible tools and nervous system strategies that help audiences reconnect to themselves, each other, and their purpose.

Her message is simple but powerful: You're not broken—you're burned out. And you deserve to heal. Whether on stage at wellness summits, fire conferences, or union training sessions, Natalie's voice resonates with those who are tired of white-knuckling their way through life. She creates space for people to feel seen, supported, and inspired to take the next right step.

SIGNATURE TOPICS

- FROM BURNOUT TO BREAKTHROUGH
- REKINDLED: FINDING STRENGTH IN THE FIRE
- WHAT SAVED ME: THE POWER OF PEER SUPPORT & PRESENCE
- BORROWED TIME, EARNED HOPE
- STILL STANDING: A STORY OF TRAUMA, RECOVERY, AND RETURN



INTRODUCTION TO NATALIE'S TOPICS

STILL STANDING: A STORY OF TRAUMA, RECOVERY, AND RETURN

Deeply personal and vulnerable talk that shares my lived experience of surviving burnout, PTSD, and a near-suicide—only to be pulled back from the edge by a fellow peer who refused to let me disappear. In this session, I share the moment everything unraveled, the silent suffering behind the uniform, and how one person's presence changed the course of my life. Attendees can expect an honest exploration of what peer support really looks like—not a checklist, but a lifeline rooted in connection, curiosity, and compassion. This talk invites audiences to recognize the signs in others, speak up when it's hard, and become the kind of presence that saves lives.

FROM BURNOUT TO BREAKTHROUGH- NERVOUS SYSTEM REGULATION

This talk dives into the hidden cost of high-functioning burnout and the critical role nervous system regulation plays in recovery. Through the lens of personal experience and trauma-informed science, this talk unpacks the window of tolerance, explaining how it impacts our ability to respond vs. react in high-stress moments. Attendees will learn the neuroscience behind dysregulation, how to recognize when they're outside their window, and practical, everyday tools to expand it over time. This session offers tangible takeaways to help the audience feel more grounded, self-aware, and empowered to shift from survival mode into sustainable resilience.



WHAT PEOPLE ARE SAYING

"NATALIE SPEAKS OUR LANGUAGE—SHE GETS THE PRESSURE, THE PRIDE, AND THE PAIN, AND SHE SHOWS THERE'S A WAY THROUGH IT WITHOUT LOSING YOURSELF."

- BUILDING TRADES COORDINATOR

"WATCHING NATALIE GO FROM THE EDGE TO BECOMING A LEADER IN PEER SUPPORT HAS BEEN NOTHING SHORT OF INSPIRING—SHE'S PROOF THAT HEALING IS POSSIBLE."

-PEER SUPPORT COORDINATOR VFD

"I'VE SEEN NATALIE AT HER LOWEST, AND NOW SHE'S TURNED HER STORY INTO HOPE FOR OTHERS—SHE'S THE MOST RESILIENT AND GENUINE PERSON I KNOW."

-WARRIOR PATHH

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REKINDLEDRETREATS@GMAIL.COM



WWW.REKINDLEDRETREATS.COM



360-936-2486

