

# Emily Werrett

**Motivational Speaker • Storyteller • Host of The Rise Anyway Project**

## About Emily

Emily Werrett is a motivational speaker, storyteller, and host of *The Rise Anyway Project*, where psychology, neuroscience, and lived experience come together to help people rebuild after life's biggest upheavals.

From leaving a high-controlling religious cult to reconnecting with her biological family, navigating profound grief and loss, and rebuilding from the ground up after heartbreak, Emily draws from her own lived experience to help others understand the mind, the nervous system, and the hidden patterns that quietly shape our lives.

Through vulnerable storytelling, Emily inspires audiences to move beyond old fear patterns so they can live with greater authenticity, self-trust, and with an open heart.

## What Does 'Rise Anyway' Mean?

Rise Anyway isn't about pretending life isn't hard, but rather it's the choice to keep showing up—with courage, authenticity, and an open heart—even after life has asked more of you than you ever thought you could give. To keep growing, loving, creating, and becoming—because no matter what life has taken from you, there is always something within you worth rising for.

## Signature Speaking Themes

### • Cult Recovery & Rebuilding Identity

Leaving a high-control environment is only the beginning. Emily explores what happens after we leave—rebuilding identity, deconstructing old beliefs, learning to trust ourselves again, and creating a life that finally feels like our own.

### • The Nervous System, Fear Conditioning & Healing

Why can we physically leave something behind, yet still feel trapped by it? Emily combines psychology, neuroscience, and lived experience to reveal how fear conditioning and the nervous system quietly shape our thoughts, emotions, and behaviors long after the experience has ended—and how we can begin rewiring those patterns to create lasting change and freedom.

- Attachment, Relationships & Breaking Old Patterns

Why do we keep repeating the same relationship dynamics? Emily vulnerably explores attachment styles, emotional safety, and the courage to recognize when a relationship can heal through mutual effort—and when growth requires letting go. Through compassion and self-awareness, she helps audiences break unhealthy cycles without abandoning themselves in the process.

- Authenticity, Self-Trust & Living Wholeheartedly

Most of us spend our lives becoming who we think we need to be in order to be loved, accepted, or safe. Healing is the process of remembering who we were before fear taught us otherwise.

Emily inspires audiences to move beyond fear-driven living and reconnect with their authentic selves—the version of themselves that exists beneath conditioning, protective patterns, and the need to perform. Through vulnerable storytelling and practical insight, she encourages people to trust their own inner wisdom, lead with an open heart, and build lives rooted in authenticity rather than survival.

## Flagship Talks

**Rise Anyway** — Rebuilding after life's biggest upheavals.

**Beyond Survival** — Understanding the nervous system, fear conditioning, and authentic healing.

**Leaving Without Leaving** — Why we can physically leave something behind, yet still carry it within us.

**Story Alchemy** — Alchemizing life's greatest hardships into wisdom, purpose, and a life worth rising for.

## Booking

Available for keynotes, conferences, workshops, podcasts, panel discussions, and virtual events.

Website: [emilywerrett.com](https://emilywerrett.com)

Email: [hello@emilywerrett.com](mailto:hello@emilywerrett.com)