



Bridget Budd

AUTHOR | SPEAKER | TRAUMA-INFORMED GUIDE

Bridget Budd is a former corporate sales executive turned trauma-informed health coach (now retired) and novelist. After more than 25 years climbing the ranks in high-pressure sales environments and mastering the art of the pitch, she walked away from the hustle to reckon with the patterns beneath her success—and the cost of keeping it all together.

Today, she writes and speaks about emotional survival patterns, identity, and the shift from performing to presence. Her work blends storytelling, somatics, and psychology, inviting audiences into the messy, courageous process of coming home to themselves.

Bridget lives between Marco Island, Florida, and Marvin, North Carolina, with her husband and two opinionated dogs.



Interview & Speaking Topics

- What Krishnamurti meant by “relationship as a mirror”—and how it plays out in our everyday lives
- Women’s emotional wellness
- Conscious relationships
- Self-inquiry & spiritual growth
- Fiction lovers who enjoy depth & psychology

Behind The Mirror: A Novel

Transformational Fiction / Psychological Drama

Length: ~70,000 words

Available on:
Amazon, Audible,
IngramSpark and various
local bookstores.



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