Influential Women Features Lydia Neely: Helping Organizations Build True Resilience Through Behavioral Health Coaching



QUEENS, NY, UNITED STATES, September 22, 2026 / EINPresswire.com/ -- With More Than 30 Years of Healthcare Experience, Dr. Neely Combines Trauma-Informed Care, Behavioral Strategies, and Leadership Development to Help Others Move Through Adversity With Purpose

Queens, New York – Lydia Neely, PhD, is a behavioral and mental health consultant, leadership and resilience coach, and speaker whose work is centered on helping people understand the forces shaping their behavior and develop the resilience needed to move forward. Based in the New York City metropolitan area, Lydia brings more than 30 years of healthcare experience to her work, along with specialized expertise in behavioral health, trauma, crisis counseling, organizational psychology, and leadership development.

Through her company, Bounce Back Coaching and Consulting, Lydia works with individuals, schools, nonprofit teams, educators, and organizational leaders. Her approach blends trauma-informed care with practical behavioral strategies and coaching designed to help people process difficult experiences, strengthen emotional resilience, and develop healthier patterns of thinking and behavior.

Lydia's professional journey began in healthcare data analytics before evolving toward mental health and behavioral health. Her transition was influenced in part by her experience as a Mental Health First Aid instructor, which opened the door to a deeper focus on understanding people, their experiences, and the underlying causes of behavior. She later expanded her work into

coaching and consulting, working directly with clients in home and community settings.

Today, Lydia's work reflects her belief that meaningful change begins with the way people understand themselves and respond to adversity. Her professional philosophy is captured in the simple principle, "a healthy mind is a healthy you." For Lydia, that philosophy encompasses accountability, self-awareness, emotional resilience, and the willingness to grow gradually through life's challenges.

Her academic background supports this multifaceted approach. Lydia holds a master's degree in industrial-organizational psychology and human resource management, as well as a doctorate from Regent University focused on trauma, crisis counseling, and organizational psychology. She also serves as vice chair of the Alumni Council for Adelphi University, reflecting her continued commitment to leadership and community engagement.

Finding Purpose Through Perseverance

Lydia attributes much of her success to the encouragement she has received from her parents and her son, whom she describes as her biggest cheerleader. Their consistent message has been to keep going, even when life presents setbacks.

For Lydia, stumbling does not mean stopping. It means getting back up, learning from the experience, and continuing forward with the people who provide encouragement along the way. Their support gives her the energy and motivation to remember that her work has a purpose and a reason behind it.

She carries the belief that the end result can be better than where a person started and that their latter can be greater than their past. That perspective has shaped the way she approaches both her own career and the people she serves.

Taking The Courage To Jump

One of the most meaningful pieces of career advice Lydia received came during the 1990s, when she was working for a pharmaceutical company. Someone told her that when a person is sitting on a fence, torn between different possibilities, they should not be afraid to jump. They simply have to be willing to deal with the consequences after making the decision.

The lesson stayed with Lydia because she was experiencing what she now recognizes as imposter syndrome. She was reluctant to leave what felt familiar because the unknown seemed intimidating. At the same time, she knew she wanted to strive for something more and explore new possibilities.

Eventually, Lydia recognized that sometimes people have to put themselves out there to discover what is possible. Trying and failing does not make someone a failure. Instead, failure can become part of the experience through which future success is developed.

That distinction remains central to her philosophy. When someone starts again after a setback, Lydia believes they are not starting from scratch. They are starting with experience.

Encouraging Women To Keep Going

Lydia's message to young women entering her industry is direct: go for it, do not stop, and push through. She believes setbacks can become redirections toward what is ahead, even when those moments are difficult.

For Lydia, perseverance requires stamina and grit. Challenges may not feel good while they are happening, but she encourages people to continue moving forward rather than allowing temporary difficulty to define their future.

She often returns to an important question: Who does a person become when they are in the storm?

For Lydia, answering that question is part of developing resilience. The goal is not simply to survive difficult circumstances but to understand who a person is within them and carry that sense of self forward.

Transforming The Mindset

Lydia identifies one of the biggest challenges in her field as something deeply personal: the way people sometimes perceive themselves. Individuals can enter certain rooms feeling that they do not measure up or questioning whether they belong.

Her mother taught her a different perspective: she belongs in every room she steps into. Lydia carries that lesson into her work, encouraging others to examine the beliefs that may be limiting them.

For her, transformation begins with the renewal of the mind. How people think influences how they see themselves, respond to circumstances, and approach opportunities. Helping people shift that mindset is therefore an important part of her coaching and consulting philosophy.

Leading With Integrity, Compassion And Grace

Across her professional and personal life, Lydia places family, integrity, honesty, love, compassion, empathy, grace, and personal growth among her most important values. She defines success not only by what a person achieves but by who they become along the way.

That distinction reflects the broader purpose behind her work. Lydia encourages people to see situations for what they are without judging others solely for where they currently stand. Instead, she focuses on identifying possibilities, looking for resolutions, and refusing to remain consumed by the problem.

Through Bounce Back Coaching and Consulting, her speaking engagements, and her leadership

and resilience coaching, Lydia continues to help individuals and organizations approach adversity with greater self-awareness and purpose. Her career reflects a commitment to the idea that difficult experiences do not have to become permanent limitations. With resilience, accountability, compassion, and a willingness to keep moving, Lydia believes people can learn from where they have been while continuing toward where they want to go.

Learn More about Lydia Neely:

Through her Influential Women profile, https://influentialwomen.com/connect/lydia-neely-phd

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