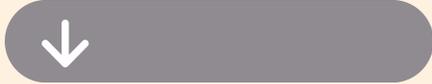


Tools to Turn Trauma into Transformation

MylestoGo

Training and Workshops



READY FOR THE JOURNEY?

Finding good training is hard - but I can help. With flexible, creative, and cost-conscious offerings, I'm ready to be your guide to trauma-informed and arts-integrated programs. Let me help you achieve your vision for compelling, inspiring, and engaging workshops and trainings for your organization and its constituents! (If you need multiple-day consulting and training, please reach out for a customized proposal)



Nichole Myles

Owner/Founder - MylestoGo
Speaking and Consulting

Virtual OR In-Person Services Lunch & Learns
Training Sessions
2-Hr Toolkit Programs

Looking for a custom program? Share your goals and vision and let's work to bring it to life!

Virtual Sessions from \$400 - series discounts available

Full-day Trainings from \$2500

Don't let budget hold you back - contact me directly for options and let's discuss how I can help!



TOPICS

(including but not limited to...)



The Well:
Expressive Arts Series

Things were said: Using
Trauma-Informed Language

Taking Care of You:
Resilience and Self-Care

The Magic Question: Why
Open-Ended Questions Work

Triggered: Understanding
Trauma-Types, and Responses

The Trauma-Informed Primer:
A Beginners Guide