



# ● Are you ready to be **Radically Well?**

*This empowering program bridges overall wellness, cultural awareness, & trauma-informed practices with easy-to-embrace tools and programs. By nurturing resilience, breaking barriers, and promoting change, Radically Well cultivates thriving communities and unlocks the potential within individuals to succeed.*

for the college campus



## **Tools and Frameworks make the difference:**

*Too often programs come with a 'one-size-fits-all' mentality. At MylestoGo we know that's not the reality and it won't yield the best result. Instead, the Radically Well program is here to provide tools and frameworks that are rooted in successful outcomes but driven by the needs of individual organizations and programs. Your participant experiences help inform the journey, leading to the best results!*

## **Why engage with MTG?**

- +** Customized programming reflecting the needs, schedules, and preferred modalities of your campus (including in-person, online, 'take home', and asynchronous options.)
- +** Comprehensive, accessible, and creative programs engage your campus members, promoting wellness and increasing skills.



### *Training & Facilitation*

*Faculty, staff, or student leader training in trauma-informed practices, language, & environments; cultivating resilience; using creativity for cultural health, and more.*



### *Kits & Curriculum*

*Individual and group kits for small group and individual asynchronous exploration & development of self-care and regulation skills; resilience skills; communication skills, and others.*



### *Campus Speaking*

*In-person keynote or panelist on post-traumatic growth, individual and group wellness, resilience and self-care, overcoming trauma, and the power of expressive arts for healing.*



### *Consulting Partner*

*Ongoing work with your campus wellness team to develop programs, policies, and inform environments in trauma-informed practices, and individual and group wellness across campus.*

● *Let's connect!*

Nichole Myles, MA, CFRE

MylestoGo Speaking and Consulting



+929-466-6013



nichole@mylestogo.net



www.mylestogo.net