



● 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 to your community group. By nurturing resilience, breaking barriers, and promoting change, Radically Well cultivates a thriving culture and unlocks the potential within individuals to succeed.

for community groups



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 your unique business. 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 group (including in-person, online, 'take home', and asynchronous options.)
- +** Comprehensive, accessible, and creative programs engage your members, promoting wellness and increasing skills.



Training & Facilitation

Leader or group training in resilience and self-care, trauma-informed practices, language, & environments; using creativity for cultural health and healing, and more.



Kits & Curriculum

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



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 leadership team to develop programs, policies, and inform environments in trauma-informed practices, and individual and group wellness.

● *Let's connect!*

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