



# ANDI-NICHOLE MYLES, M.A., CIBHP

- \* Leader
- \* Speaker
- \* Creative
- \* Trailblazer



*Charting the path to Radical Wellness*

## MEET MYLESTOGO SPEAKING AND CONSULTING'S OWNER AND FOUNDER, ANDI-NICHOLE

Bringing forward more than 20 years of experience in education, nonprofits, and leadership, Andi-Nichole Myles weaves together compelling storytelling with experience and expertise to engage listeners in a journey of self-discovery– the ups and downs of growth – and what it really takes to make a 'comeback' - personally, professionally, and organizationally. Her expertise in trauma-informed practices, resilience, and post-traumatic growth isn't just academic - as a leader who is also a domestic abuse survivor - she's lived it.

Myles, a doctoral student in Mental Health Counseling, has a Master's degree in i/o Psychology with a Coaching and Consulting Concentration, 2 levels of professional certifications in Trauma and Resilience, and is a Certified Integrated Behavioral Health Practitioner (CIBHP). Additionally, she carries a CAGS in Nonprofit Management and a DEI (Diversity, Equity, and Inclusion) Certificate, She uses her education to hone poignant personal stories into opportunities for participants to glean critical steps for their own growth - examining what they, their organization, or community has overcome, where they want to go, and how to lean into that experience to amplify their future.

Andi-Nichole's role as 'expert companion' translates easily to speaker, facilitator, consultant, or coach, as she employs the tools, techniques and frameworks that support her clients' own 'Radical Wellness' - sharing the art and science of being okay, even when the things around us are not.

## OPPORTUNITIES TO ENGAGE & CONNECT

Keynote Speaking



Workshop Facilitation



Organizational Consulting



1:1 Coaching



Podcast Guest



Author



## Sample Topics



- Radically Well - The Art and Science of being Okay, even when the Things Around Us Are Not.
- Getting Resilience Right - Tools for Resilience and Self-Care
- People, Policies, and Places (the Trauma-Informed Workplace)
- Creating Psychological Safety for Team Building
- Say What? Trauma-Informed Language for all
- Expressive Arts as a Trauma-Informed Practice
- From Ruin to Reinvention: A Thrivorship story of Post-Traumatic Growth



Andi-Nichole Myles is represented exclusively by Engage your Stage. All public appearances are managed by EYS.

### WHAT OTHERS SAY

*"The training was extremely interesting and useful... Nichole presented the material with humor and genuineness. She has already impacted the way I am looking at the space to ensure that it is trauma informed to the best of our ability. She gave me the insight and the ability to put into words who I am and why I respond the way I do. That to me was priceless. Nichole, is someone that I will continue to follow to see how else I can grow."* - Serene, Client attendee

*Nichole's TEDx talk, "Lessons I've Learned from the People who Don't Like Me" has garnered over 90,500 views and is featured on TED.com.*



*"A captivating presenter, Nichole engages and inspires her audience to not only accept themselves, but offers a powerful message on coming through the other side."* - Lisa Berry, MBA, CSPO

*"Thank you for building us up, showing we can do more than we think, and creating opportunities for us to be in service. You are truly a fearless leader and showed us how we can be too."* - M. Fisher

### Contact Andi-Nichole!

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