

Owner/founder of MylestoGo Speaking and Consulting, Nichole Myles brings forward more than 20-years of experience in education, nonprofits, and leadership, weaving 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 come back from trauma in the personal and professional space.

Nichole teaches ‘tools not rules’, creating easily accessible frameworks and approaches that turn trauma into transformation and support the concept she calls Radical Wellness – the art and science of being okay, even when the things around us aren’t. She encourages participants to uncover their own creativity and empowerment, examine what they’ve overcome, and learn to lean into that experience to amplify their futures.

Myles holds an M.A. in i/o psychology with a coaching and consulting concentration and certificates in Integrated Behavioral Health, Trauma and Resilience, and Diversity, Equity, and Inclusion. However, her specialties in trauma-informed practices, expressive arts, resilience, and post-traumatic growth aren’t just rooted in her expertise: as a domestic abuse survivor who lost everything, lived in hiding, and had to rebuild an entire life all while raising 3 children, she’s lived it.

Nichole has been a featured speaker and workshop facilitator for many organizations including the National Conference on Crimes Against Women, the National Coalition on Domestic Violence, and LEAD UMC. Her first published writing debuted in the *Unsilenced Voices* project, and her original children’s picture book on mindfulness and expressive arts, *Nicki Scribbles*, with original illustrations is due out mid-2024. Her TEDx talk, ‘*Lessons I’ve learned from the people who don’t like me*’ has been viewed over 90,000 times. Whether supporting organizations or individuals, Nichole’s work as a speaker, facilitator, consultant, or coach moves clients from ‘survivorship’ to ‘thrivorship’ and puts them on the path to becoming Radically Well.