

**Melissa:**

**Hey, Miles. How are you?**

**Miles:**

How are you doing? I'm pretty good. How are you?

**Melissa:**

**Good. Thank you. Thank you so much for doing this. I really appreciate it.**

**Miles:**

Yeah. Thanks for having me. Good to talk to you. Good to see you again.

**Melissa:**

**Thank you so much. I want to honor your time, so do you mind if I just start in with asking you a bit about Onsite for people who are new to it?**

**Miles:**

Yeah. Happy to share. So, Onsite has taken such a beautiful offering. I'm so honored and humbled to be a part of it. It's just an amazing group of change practitioners; a lot of counselors and therapists and coaches that support people at our main campus, which is an emotional wellness retreat center.

We have a variety of different offerings. We're known for our short-term intensive workshops. But we also have a longer-term residential program. We have several specialties, but one of which is emotional trauma, which better said is compound stress or anything that, over time, can limit us from living into our full potential and becoming who we truly deserve to be. People will often come and pair us with good counseling and therapy that they've been doing, but they need something maybe a little bit deeper, and they'll come stay with us for four days or a week at a time and we've got a variety of different offerings and workshops.

One of them is called Living Centered Program. We've got some that are more specific to healing trauma and relationships. We do some marriage work. It's just beautiful. We have a couple thousand people a year come to our campus here just outside of Nashville, Tennessee. We're on 250 acres. It's a working farm in a sense. We've got horses and beautiful garden. It's a beautiful space for people to be able to heal. So, that's a quick version of Onsite.

**Melissa:**

**Yeah, sure. It feels like there are so many facets to it, too. I still have to personally experience it, but I have heard it from other people just the feedback I continue to hear is just how life changing it is for them or has been. So, it just sounds like the work you are doing out there is just really powerful work and very holistic, which I'm very excited about as well.**

**Miles:**

Thank you.

**Melissa:**

**Yes. Oh, yeah, for sure. The other, I think, newer projects is that you are working on The Oaks, out with Bob Goff in California, is that correct? I'm not as familiar with exactly what the mission is out there. That would be great to hear a bit about, too, if you could share a bit about that.**

**Miles:**

Sure. Yeah, man, The Oaks were, gosh, I'm so excited about that place. You talk about another just beautiful place, and that's something that I have such a passion for is curating, creating spaces for people to just live into the best version of who they can be, whatever that might look like.

My experiences is being in the mental health profession for 20 years, but I've really learned from my time at Onsite and continuing to just pour into that place and that program is that there is often just as much healing in the hospitality effort as there is in any therapeutic modality. So, we really lean heavy on what we call healing hospitality.

I'm so passionate about it. I'm grateful to get to work with some of the world's best therapists. But often it's the cook or the culinary professional that changes somebody's world, just by how they treat them, how they connect with them. That's intentional. We want everybody on that entire place to understand that you have just as much of an important role as the people who are on the front lines. Often, our drivers, for example, are a big part of our therapeutic effort because they just know how to hold space for people when they're coming into that ambiguity and they're a little bit fearful and they just know how to be a good presence for them.

So, I think it was out of the love of hospitality that, honestly, it made me want to be a part of making the door wider for people to walk into painful parts of their story, or even just to get rest and restoration and be intentional about setting up other places that would help people do that in maybe a little bit more of a non-traditional way. Ours is pretty dialed in with our programming and our content and also our curriculum. I love it.

We are actually going to do some of what we do at Onsite at the Oaks. The Onsite West at The Oaks will be some of our programming is going to go out there. It was a few years ago that I had an opportunity to meet Bob in... You referenced Bob Goff, who's our partner on this project. He and I just became... We were very unlikely friends. You wouldn't have matched us up if it was a friend dating site, Bob and I wouldn't have made it.

***That's what makes it so beautiful is this whole thing was born out of just a good friendship.***

I think on paper, we're so different and yet, we have some overlapping passion about the way we want to serve and help people that I've got... Bob is a genius at taking people forward and removing obstacles that might be in their way from them reaching their dreams. I happen to have some experience in taking people back and rewriting parts of their narrative that may keep them from moving forward.

So, when we put those together, and we did. We did a couple of workshops together on the

Onsite campus. I came out and spoke at some of his events on the road. It really worked well. It surprised us. We had already made so many connection points on our personal journeys and have become close friends. I had a goal of wanting to do some stuff on the West Coast because we have a lot of people that fly over to Tennessee, to our Nashville campus from Southern California or from all over California.

I married a Southern California girl. So, we have family in the Los Angeles area. So, I had an interest, a keen interest in wanting to be over there in some way to support what we already had, which is a built-in great audience. Then Bob, who had been traveling all over the world speaking, really wanted to be home some more. So, it worked out well for instead of him coming to people, could we create a place where people could come to him?

Yeah, we just came together. We bought a former Young Life camp in San Diego County. It's about 45 minutes east of San Diego's airport. It's just beautiful. We've been renovating it. We've been in that process, and we are soon to open, looking at October as an opening date.

What we're going to do, initially, is host other people's events and retreats. We're going to have myself and Bob and Onsite on the menu that if someone's doing a leadership retreat, or a yoga retreat or a wedding or something, and you want to add some unique and different services for us to be able to speak into what you're already doing, then that will be an option.

Then Bob's going to do some things, I'm going to do some things with Onsite, and we're going to do some overlap like we were before. But ultimately, it's just a retreat center with a purpose. That's what The Oaks is. It's for a place for people to rest and transform. We can't wait to host people. Thanks for asking about it.

**Melissa:**

**Yeah, for sure. I was at the Dream Big Event at Magnolia, like last spring, I think it was 2019. I think at that time, you guys were actually purchasing the land, like going back and forth on the phone or something. So, it was fun to hear about you guys purchasing the land. Then I was curious like what has it been, so it's been fun to watch it grow and develop. I'm excited that you guys are opening soon.**

**Miles:**

Yeah. I was down there at Magnolia. Yeah, that was actually when Bob let the cat out of the bag and told everybody about it. I don't think we had talked to many people about it, but up until then. In front of everyone he was like, "Oh, yeah. By the way, we bought this camp. We're buying this camp." I was like, "Well, I guess everybody knows now. So, we've got to make it official."

**Melissa:**

**Yeah. It definitely seemed like it was...literally was happening on the breaks or something that he was talking to someone. Thank you for sharing about that. That's exciting.**

**Miles:**

Yeah. We'll keep you posted. There's going to be more updates once we start developing

programming and getting things going for Onsite to do some stuff out there, particularly, in 2021. But really, that's the beauty of that new offering is it was born out of friendship, and we hope that's what it delivers. We hope more people can come into that environment and walk away feeling enriched by their relationships.

**Melissa:**

**Yes and it looks like you guys are creating a beautiful space for it, too?**

**Miles:**

Yeah, that's not us. That is Maria Goff. Sweet Maria Goff. She is unbelievable at curating beautiful spaces. I like the curation part, too, but I'm more through the lens of how do we make this culturally and psychologically safe? And thinking about different ways to bring people together.

But you talk about anesthetic goddess...oh my goodness. We turned her loose out there and we had, with COVID being close to the... I couldn't go out there. I've only really been out there one other time because we couldn't travel. She's been out there, as well as the whole Goff family, just around the clock working to make that place beautiful. She has done that. It is just stunning, it's breathtaking.

Actually today, we're doing 360... I forget what you call the technology, but when you do a 360 view of the room and the campus and the property, I don't know how quick it will take to turnaround, but soon, you'll be able to see the whole campus from every corner. I'm as excited to see it as, hopefully, everyone else because I haven't gotten really out there much.

**Melissa:**

**Yeah, right. What an interesting time to be developing something like that when you can't really go out there. That's kind of tricky.**

**Miles:**

Yeah. Early in the process, Bob and I were like, "Wow, we just bought a retreat center in the middle of a global pandemic and an economic crisis."

On one hand, it was challenging timing for sure because we would have already been running some groups. We don't even know if and when we'll be able to host groups of size. Thankfully, we've got outdoor space, we can spread people out. So, we got an advantage there. The way we look at it, too, is the world, this is also exposed so much unrest and disconnection that was already in place. Now, it's just exasperated. On the back end of this, I hope places like Onsite, like The Oaks, like your podcast are just going to be so essential for people to get reconnected.

**Melissa:**

**Right, yeah. If there's ever a time where it demonstrates how much we all need connection and healing, this is definitely it.**

**So, the reason why I wanted to interview you, Miles, is because I've just been blown away by the beautiful work that you all do at Onsite. From a distance, I've heard from other**

**people, I've just looked at your offerings, and the holistic approach that you take...I just think the thought behind it and the spirit behind it is just tremendously beautiful. Obviously, as a therapist, I see beauty in healing and just find people's healing journeys to be exceedingly beautiful.**

**So, I was really anxious to interview you around the topic of authentic beauty and how you view beauty. So, the first question I'd like to ask people just really on beauty is how do you define beauty?**

**Miles:**

My guess is our answers would probably be similar although, you showed your cards a little bit with what you said about healing there in just your chosen profession. But I do think those of us in the helping profession get a rare view into the human spirit, into all corners of the human spirit, not just to highlight reel and the ones that we typically are told that it's okay to show the world, but we often get to see some of the darker corners.

In viewing those spaces and holding space for those spaces, there's something that happens that is pretty indescribable. I would probably get chills every time I even think about thousands of times now that I've sat across from another human being when they have the opportunity to experience, I guess, I would just call it emotional freedom.

When they feel grounded in their worth, in who they are, without who the world told them that they should be or need to be, but they, for the first time, feel to have seen, heard and valued in who they are. There is a different glow. It is seeing the lights come on for somebody. In that regard, age doesn't matter, from 6 to 70. When it happens, it's magical.

***So, I guess I would just say beauty to me is when people feel anchored in their worth and in their value, and they share that with another person. That's beauty, authentic beauty.***

**Melissa:**

**Yeah. Thank you for that. You spoke a little bit about when someone feels anchored in their worth, that's one area that you see beauty. Do you have any other places that you experience beauty in the world outside of that, or even in the midst of that?**

**Miles:**

Yeah, yeah. So, that's the profession that I work in. I think whether I work in this space or not, I would be a part of it somehow anyway just because I like that part of humanity and want to be a part of the solution around how we build more self-awareness, more collective empathy because I think it solves a whole lot of problems we're seeing out there right now.

Beyond that, where do I go, in addition to where the seat I'm fortunate to get to sit in every day, and it's simply outside. Nature. I think, same answer though. I mean, nature I think is pretty anchored in its worth and value. It knows what it knows. Now, mankind has really challenged the heck out of Mother Nature in a number of different ways. But I love being outside and being outdoors. I've always loved that.

I grew up an outdoorsman, hunting, fishing and on a farm in a little town in Tennessee. So, I think I've always had a connection with the land, but a connection and a relationship feel a little different. I think as I get older, I'm taking a connection and really evolving it into a relationship, where I'm seeing more, I'm noticing more, it's slowing down my pace. I'm really curious about how everything works together.

We've read this book recently called *The Hidden Life of Trees*; I think is the name of it. Fascinating book, if you've never read it. But it basically talks about how they all communicate with one another.

*I think when we pay attention, you see beauty everywhere.*

That, I think, nature, to me, is the ultimate example of how the human spirit should evolve because it's pretty anchored. It knows its identity; it knows what it's supposed to be and what it's supposed to do. Ultimately, it's pretty harsh. It's not all beautiful all the time. But it's okay being that, too, which I think is pretty amazing.

**Melissa:**

**Wow, yeah. The resilience of nature, too. There are so many places to go with that. That's beautiful. Thank you.**

**A theme that you probably see a lot in your work is this idea that we see a lot of brokenness in the world. So, something I like to ask people is just, if you can think of an experience where you are going through a season of brokenness and in the midst of that, perhaps, you saw beauty breaking in or beauty coming from it. Does anything come to mind around that?**

**Miles:**

Yeah. My timeline is an experiential tool we use in therapeutic circles is just putting a visual timeline about when significant moments imprint your story, both good and bad. My timeline is clearly marked, because I've done a lot of therapeutic work, by adverse experiences or times in my life, where I did experience some challenges and some darkness. So, it is pretty easy for me to track back and navigate and give you one from 18 to 25, but I'll give you the most recent because everyone has talked about it that much yet.

That is the last few months I've experienced some significant challenges. Some of which I've talk about, and like I said, some I haven't so much because I'm still in the process of just coming out of that. Often, there are elements of it that I want to reconcile before, I don't want to prematurely share.

Like so many people, you take away what I experienced and just do navigating a pandemic and an economic crisis alone, creates a significant amount of challenges. So, I'm human. I've certainly, succumbed to that. Woke up one morning, recognizing that we've got this big offering that's so important to the world, and we may have to close it. And if we close it, we've got hundreds of people that I feel responsible for because I know them, I know their families. They work there. They're doing amazing work.

So, faced with the reality I never thought I'd be faced with, that we've been fiscally responsible, we plan, we've done some things well, we've predicted for rainy day things, but how could you ever plan for something like this?

I really felt the stress and the weight and the responsibility of, "man, I've led this organization through some trying times, but well I'm not prepared for this. Don't feel equipped for this. Don't know what to do."

And frankly, some of my mentors and leadership, I just started calling people from coaches to therapists to mentors, and nobody knew what to do. And that was comforting itself that nobody tried to pretend like they did. But you put that on top of about a week or two into that, and I started having some medical challenges that I didn't quite know what they were. [I] won't get too specific about them other than I was having some symptoms that were making it difficult to be able to move through day-to-day life, almost impossible.

So, I got grounded, where my mission and my company, and frankly, talk about anchored in your worth. That's a work in progress for me. So, if I've had to find beauty in being anchored in worth, then I'm always chasing beauty because I can get really over anchored in what I do. It's easy for me to lose who I am.

That happened in this environment because I had never been needed more I felt by the mission of the organization I get to lead, and suddenly I got pulled out overnight because I couldn't work with some of the medical stuff. I was navigating, I didn't know what it was. I didn't know how serious it was, but I knew that it could be serious. So, suddenly, I was facing some unknowns in such a compound way that my nervous system was just activated. I was like, "Oh man, this timing, this just cannot be. Of any other time, I don't need to be pulled out of the lineup right now."

Then as soon as I was out, a few days into trying to track down and figure out what was going on medically, the emotional stress started to kick in. I was like, "At the end of the day, what I do in that organization is vital, but these two little ones that I am having the gift of raising are the priority." You talk about scaring me to death was even the possibility that I may not be there for them as long as I want to be. So, that was a pretty dark little season, just a few months ago, when those two things happened together.

Now thankfully, in this season, with some experience under my belt, having overcome and done it the wrong way a lot, meaning a lot of times, historically, when I've experienced dark seasons or challenging seasons, I would just go in and internalize it and try to solve it, fix it, manage it myself. I knew better this time. On one hand, I didn't really have a choice. I had to receive help, but I was willing to receive help.

And help came from the people that were working closest with me, to the people that run that organization, to the people in my family, in my home. Man, people stepped up in a beautiful way. I received that, and I allowed it. I resisted at some just because I can be a pretty independent person. But at the end of the day I was so proud of the progress I had made to allow myself to be propped up and supported by other people. It's a message I've been teaching and

preaching my whole career is that we need one another. I really got to put that to the test over the last several months.

Thankfully, having navigated through, a lot... It was challenging because everything was on lockdown including health care in the early days of COVID. I was in those ERs and units trying to figure out what was going on. Thankfully, I've got a pretty, under the circumstances, optimal outcome with everything I was working through and challenging. Health wise, I feel good right now and have moved through a lot of the challenges that I was in, particularly, once we understood what they were and realized that it was something that could be moved through and navigated.

But what did I learn during that time? I think you asked that. In addition to, I said I preach and teach that what we can't do alone, we can do it together. You need people for a long time.

***Another thing that I've talked a lot about is the importance of your presence, slowing down, connecting to what's around you in a way that keeps you grounded in who you are, and that you don't get lost in the on the hamster wheel.***

I have some pretty good coaching techniques and advice and strategies and philosophy around how people can do that, and I cannot tell you the number of people that I have helped with those strategies effectively. People that have come when they're on the other side of a crash because they're burned out, and people who are just curious and want to be preventative around that. But when it comes to applying your own tools, education and experience to your own story, that's a whole another thing.

A lot of times that's when... When you're under stress, often it goes right out the window. Because I also think I'm armed, I should be armed to be a black belt parent. But when I'm in the stress, I have a meltdown from my three-year-old, some of that experience and education goes right out the window, and I just become a human parent, and I really screw it up.

So, I would say that if it weren't for this season, I think I was moving at such a pace, and there was so much momentum to a lot of what we're doing, I'm not sure I would have slowed it down without this, I hate to say, intervention because I wouldn't wish that on myself or anybody to learn it that way.

***But what I learned out of that was that slow is often better.***

It doesn't mean that we can't be productive and attack our goals and move fast. I'm still driven as the day is long and I'm passionate about helping people in our mission. But the end of the day, not at the cost of me, I just don't want to do it that way anymore, and I probably will. I bet I'll be spun up with some rolling again at about two years, I'll be going too fast. But I do think I'll never forget the imprint of what I've experienced during this time of a lighter load, of a manageable schedule, and just how much more present I've been for my family and for the people that I love and that love me.

**Melissa:**



**Thank you for sharing that. I know sometimes when things are fresher, too, they can feel more raw. So, thank you for your vulnerability in that and sharing that. I think as much as your reflections are personal ones, I'm imagining that so many people are resonating with pieces of the story, and that needs to just slow down and be present with those closest to it. So, thank you for sharing that. And I wish you well as you continue to navigate through... It sounds like there are pieces that are still in process.**

**Miles:**

Yeah, thanks.

**Melissa:**

**Yeah. For sure. We talked a little bit about your perspective on what beauty is. I'm also curious to know about if there are any lies about beauty that you've experienced in your life?**

**Miles:**

Lies about beauty. Yeah, I think I drank the Kool-Aid of our culture. It's not just our culture, but our culture, I think, does it probably because we're a very capitalistic-driven culture that spends billions on advertising. Advertisers, I believe, have used our information, meaning psychology and human behavior better than we have to affect behavior change. Just unfortunately, not always for good.

So, I get sold what everybody else gets sold on a daily basis with thousands of images I take in, particularly, now that social media is such a keen player. I know we all look at our phones, our screens, hundreds of times a day and I'm prone to seeing whatever I'm being fed.

And there's no way that doesn't get into my psyche about even as, I think, men don't talk about it as much because it would... The reality is a lot of men, including me, have experienced it as well which is what are we supposed to look like, from a body image perspective. How are we supposed to show up in the world? Are we supposed to have emotions? Is it okay to have a creative side? Is it okay to have a feminine side? Will I lose my man card? I think those are some of the biggest lies that I have downloaded and tried to untether and undo, just so I could be fully me.

Thankfully, things are shifting, and it's becoming not so cool to stay in that shell as it might...we still got a long way to go. So, I would think those would be some of them. Just some of what I've seen about... I got some of it in my faith, too, if I'm honest. I think it was well intended. I think I held some anger about that early in my emotional recovery journey, but now I don't as much.

I know there was a lot of value in the faith imprint that I got early and grew up with, but I also got fed a lot of messages that painted this picture of perfection at all cost, and that you definitely don't own challenges. I've now learned that, that was a lie, or a whole series of lies that my profession has helped me grow in.

That's one of the beautiful things about being in our profession, as long as it doesn't go unchecked, because I think most of us who get into this profession, unconsciously or

consciously, are, in a sense, curious enough to chase and reconcile our own story. I used to think that was a bad thing because there's so many professionals in the health space that have unreconciled stories. It can be dangerous if you don't have a safe enough environment to explore it so you can certainly try to heal yourself through other people unconsciously, which is what happens far too often.

But when you know about it, you're willing to own it, you have a safe enough ecosystem to process it and talk about it, it can be one of the coolest professions in the world because, in a sense, that safe environment holds you accountable to a standard of evolving and being open and being curious about your story and reconciling your wins. That's one of the reasons I probably will do this for the rest of my career is because there's a personal benefit from it. I don't only get to show up and help other people become who they deserve to be, but I get to walk away a better person for it.

**Melissa:**

**Thank you. Thank you for voicing some of those, those lies, too, especially in the... Like you said, I think, oftentimes, the lies, they are becoming more and more prevalent all the time for men. I think it's not spoken about very often. So, I think there's power in just speaking them and hearing someone else name them. So, thank you for that.**

**Miles:**

Even, specifically, I was a little more general when I said body image because again, men don't talk about body image much. But I recently lost quite a bit of weight, at least a size or two. I've been insecure about that. When I look at myself in the mirror, I don't look like I used to look all the time. I'm actually in my healthy weight. But that's not what the world says I should look like. You should be filled out, and you shouldn't see... It's interesting when you're on that end of the spectrum, people are more likely to question or criticize than they might be if you're on the other side of the spectrum.

In other words, if I had gained a few sizes going the other way, that would be seen as insensitive to say, "Well, you've gained a lot of weight." The fact that I have, and I can't tell you the number of people that have not, "You look sick. Are you okay? You're too skinny." I get that on the daily. So, I've got enough emotional health on board that I know what to do with that, but I'm also human. When you hear that a lot every day, yeah, that's been a lie I felt insecure about because there is something that I'm supposed to look like when reality is if I'm healthy, then that's beautiful.

**Melissa:**

**Yeah. I'm laughing a little bit because it's interesting how people have perspectives on how, I don't know, people's weights and how they look and feel that it's important to... If you're close with someone and are truly worried, but I think oftentimes, we get feedback from people that maybe you aren't that close with and it's not really any of their business So, it's interesting. Thank you for sharing all you did.**

**Miles:**

I'm telling I don't say this as an expert. You're asking me questions. I'm just answering them

personally right now. I've got professional opinions about them, too. From the human side, I'm a work in progress on this stuff because, yeah, I have some of those insecurities. They're not driving my life, which is good because, as I said, I've got some emotional recovery onboard but I also, I'm a work in progress. I know a lot of times, our physical appearance, because of what we're sold every day, can affect our confidence. And it's affected mine from time to time.

***But what's important, I think, as a reminder for me to hear and also that I hope anybody out there who's listening, is it's really not the thoughts or the perception that comes into your mind, whether it be distorted or clouded, it's really what you choose to do with it.***

So there's not a day that goes by I don't think that I don't process or talk about that if it comes up because I know enough to know that if I have, let's say, two thoughts in a week like that and I decided it's not worth talking about or sharing, then that compounds over time, and it just grows.

***And rarely, a day goes by without me choosing a safe person, who I get an opportunity to work with, or a friend, and just let them know what's on my heart. Say "So, here's what's going on." I believe that's the social support that was intended, that we have isolated ourselves away from, and now we don't have built-in social support.***

***But you can create it. That's what beautiful is.***

If somebody brand new in your life or somebody you've known for a long time, you can invite them into that space and build social support around you, which it would be a threat to our profession because I think if we had that organically built into our lives, we probably wouldn't even know health professionals anymore, but I'm okay working myself out of a job.

**Melissa:**

**Agreed. Yeah, thank you. One of the last questions I would like to ask you, Miles, is have there been any experiences that you've had that have transformed your ideas around beauty?**

**Miles:**

Yes. We've worked a lot with the people who are on the professional side of fashion, particularly people who would model as career at the highest level and who've experienced the difficulty of being in that. I've had some really wonderful conversations with friends, who've come through Onsite or just people I knew outside of that circle that taught me so much, that changed my idea around beauty.

But I guess I'm going to share one more closer to home, which is my wife grew up in front of a camera. She grew up in a family of creatives. Her father was a successful actor. Mom was a successful Broadway dancer. She was the first, and then all three of the kids are creative, her brother and sister. She asked her mom and dad about acting, and they made sure she wanted to be into it. I think she started when she was seven or eight, and was on her first show when she was 12 and grew up not just with a father in the limelight, but she also grew up in an environment where she was constantly being judged based on how she looked and presented. And what I'm referring to are auditions.

That was how she got a gig, even as a little girl. Then when I met her, as a young woman, she was still auditioning a lot. She would tell me, after coming back from pilot season, which is a time in LA where they're booking for a lot of shows, of how her experience of you get the TV version of the *American Idol* and *America's Got Talent*.

What's interesting is, and I love this, how the viewers finally said, "We don't want to watch people get bullied on television." That worked as a ratings play for about three seasons, and then your rating started to decline, and you better find a way to be empathetic and tell a better story, and we're not going to watch.

And guess what? Now every one of those shows, if you watch it, you're going to be crying because they tell these beautiful backstories, and Simon, suddenly, is not the villain. He's like this great encourager now. That's what people, I think, want to see in here, but that is not the reality.

What you see on TV is not the reality of what happens often when people are auditioning or putting their creative talent out to a group of people to be judged because she would tell me, she was like, "I don't feel like I've been judged on my ability to act here. I feel like they immediately started critiquing my size or the way I was looking or the way I was..."

I think what I learned about that was that, over time, she went through this unusual relationship with beauty to where... She shared this publicly before, so I will, where, predictably, she was under so much critique as a young girl. She had a lot of success younger, that she developed an eating disorder in order to try to maintain this image of what she was told and fed was beautiful and beauty sells in the way that they were bottling it up.

Then she moved out of that season and did a lot of her own work. She shared all this journey with me, and she shared it publicly before, too.

***And then she decided she didn't even want to do the profession anymore because the profession for her represented a skewed perception around beauty. Every time she was around it, she didn't feel good about herself.***

***So, she unhooked the wagon and detached from it.***

Having been gone from it for a while, she really missed the art of it. Then she said, "I wonder if I could do it without worrying about if I was 'successful' with it, worrying about what part I was getting or how much I was getting paid. I wonder if I could just do it for the love of it." I was like, "I think you should." She did. This was before we started a family and got to Nashville. She doesn't have time to do it anymore.

But for about three seasons there, I watched her do two, three projects a year, totally manageable pace. She didn't care what the scale of the project was. She just was really dialed into the art of what she got to deliver, and I watched her come alive; coming, going, finishing those projects, no attachment to who watched it or if anybody ever watched it.

I learned so much from her in that season that I just so admire. To this day, now, I'm trying to embrace with... Our message right now is needed in culture more than ever. To be a messenger, then I've got to embrace culture and go out and talk to people and maybe even do things in media, in the online. We just had a meeting today about my discomfort with embracing this whole online. But I understand it as an important tool, and I have someone in my home I look to who... I'm pretty uncomfortable in front of a camera, but I've learned to do it. She is not. She is just comfortable getting a picture taken of her as she is sitting in her pajamas in the living room. I'm like, "How do you do that?" I feel like she's just congruent in what she knows is beautiful.

She's not as hung up as I might get or what I'm trying to learn how to not do, and someone trying to capture that beauty because she's living it. She's not trying to be it.

**Melissa:**

**Wow. Thank you for sharing that. That's super interesting and helpful. Yeah. That's such a cool... I'm glad that your wife is able to go back to this career and approach it in a different way from a different place and able to engage it for the pieces that she was passionate about and shed the other pieces of it that weren't helpful and stay true to what she loves about it. That's a really great, a really wonderful story. Thank you for sharing that.**

**Miles, is there anything else on this topic of beauty that we haven't talked about, or anything else that you wish people knew about beauty that you wanted to name before we wrap up for today?**

**Miles:**

Nothing that's popping in my head right away. Obviously, we work with a community of people... When they get in our environment often, we help them expose or uncover some of the things that I am sharing with you, that I'm quite comfortable talking about, and that maybe I've never felt permission to identify, own or talk about it, particularly as men.

*I think if I wished anything for humanity, it's that we would feel we have permission to own all parts of our story. It's the only way I feel we combat what we're being fed and downloading and probably quite fatigued from just consuming, which is constant messages about who we're not.*

*I think we need places and people to remind people of who they are.*

I think people get reminded of who they are when they feel free to be all parts of themselves. That would be my hope. It's been the most freeing thing in the world for me to feel as comfortable sitting here talking to you about a current or historic insecurity is that is the core story of strength because I don't really see them as any different.

*I think I own, I'm clear, I know what I'm insecure about, I share it with other people. I think that's a strength. I hope other people might feel the same. I think it would prevent a lot of the loneliness epidemic and things that we're seeing out there in culture and get us more*

*reconnected and recalibrated and help us stay grounded in what is beautiful, which is the truth that lives in all of us.*

**Melissa:**

**Thank you for everything you shared and for modeling the vulnerability and authenticity that you do. I think that's a powerful example and model that you give others. So, thank you for that.**

**Miles:**

Yep.

**Melissa:**

**Yeah. We can start wrapping up then. I was just curious, if people are listening and are interested in Onsite, do you have online offerings or anything? I know we're in this global pandemic that we talked about. Is your campus open right now or...If not, are there spaces that people can seek out On Site initiatives in this interesting season?**

**Miles:**

Yeah, thank you for asking. We are open. We are considered, because we're doing emotional and mental wellness education in addition to some therapeutic work, we're considered an essential service.

It looks different right now because we got a lot of enhanced safety protocols and procedures in order to keep our guests safe and staff and everything else. We are offering limited programming on campus. But if you are interested in coming to do a live workshop, or thought you might need or deserve one then, you want to try to get in front of that because we've got limited spots right now just due to capacity and social distancing and all those things.

But because of that, we are offering digital services at this point, too, which we're really excited about. We've been wanting to do this for years. This was another learning that it just pushed the envelope and got us energized to put that out there sooner. Really, it was a way for us to diversify. You see, Onsite, it's a great resource. I'm so proud of it. It's not going to be everybody's resource.

It may not be obtainable in its current structure for people either that could be a time limitation or a financial limitation or on and on and on. I just want to be a brand that supports people to do the work that we get an opportunity to do there, even in other places, if you need to.

One of the ways we're doing that is providing some lower cost, but really great options digitally. We've got one out there now called *30 Days of Living Centered*, which is a really cool program. It's loosely based on a lot of the themes that we pull from our core program, which is a seven-day intensive called Living Centered. 30 Days of Living Centered, it's easy, and that's the thing, too. I'm pretty distracted. I've got ADD, so I can't... If you give me a super in-depth course, it takes an eight-hour-a-day commitment. I'm probably not going to do it.

So, we made this one bite sized but impactable, so that you can do it in 15 minutes every day for

30 days, where you're going to get a video and a prompt, and an exercise, and a simple reading. But we've just gotten such wonderful feedback. It's myself and three of my colleagues, who are clinicians that are delivering themes every day to support you in living a more balanced and centered life.

We've got one right now in development that I'm so excited about called *Rediscovering You* that actually will be more in-depth and it's going to be more curriculum driven. It's going to be more of a... I don't have all the details on it. I'm not sure I'm supposed to even be sharing them or not. But I know the team has been behind the scenes working so hard at putting this together. We hope to have that available really soon, too.

Now, we're constantly trying to put good things out on our social channels because we know so many people stay connected to us in that way. You can watch @milesadcox or @onsiteworkshops. We're starting to do more videos and just encouraging tips that will support you in living emotionally well. So, thanks for asking about that.

**Melissa:**

**Yeah, for sure. So, @milesadcox and @onsite are the best places to find you online, it sounds like?**

**Miles:**

Yeah. And @attheoakscenter, too, is our new handle for what's going on out there.

**Melissa:**

**Okay, cool. Well, thank you so much, Miles. This has been so great. Your insights are wonderful. Again, thank you for the work that you're doing in the world. It's so powerful and helpful to so many people I know.**

**Miles:**

Thank you. Thanks for having me.

**Melissa:**

**For sure.**