

www.movetohealproject.com

CAYLA MEREDITH

Storyteller, Writer, Speaker,+ Founder,
The Move to Heal Project



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The Move to Heal Project

A

Launched in 2017, The Move to Heal Project is a powerful initiative that cultivates honest conversation + authentic community support while emphasizing the choice movement provides when it comes to navigating and healing trauma.

The Power of Connection

B

Perpetuated by the notion that we continue to heal when we collectively share our stories and tell the truth, the MTHP has housed over 50+ collaborators worldwide and continues to reach a global audience on it's bi-weekly podcast. Relational healing is central to the MTHP mission. This is implemented via the creation of safety and stabilization through collective and individual movement on both a micro and macro level.

Healing Together

C

Driven by the desire to take her own story and use it to help others, Cayla continues to share her message of perseverance, strength and healing via keynotes, the MTHP podcast, her own self-published memoir, daily interactions on socials and the online MTHP community.

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Notes from the Fam

ON MOVEMENT

"Running... has been my biggest tool [this year]. For the first time in forever I'm not as scared {when I} panic or have anxiety because I finally have a tool that works for me. You showed me that. I'm so thankful for you"

KEYNOTES

"Your story... is such an impactful and moving journey that continues to connect [with others] deeply"

1:1 PROGRAM

"I really value your support and encouragement. Thank you for providing me a safe place to be vulnerable and heal. I always feel reassurance and a sense of calm [when we work together]. [You help me] gain clarity in the mess of emotions I sometimes feel"

TRAUMA SURVIVOR,
MENTAL HEALTH ADVOCATE

CAYLA MEREDITH

Hire me for:

- Opening + closing keynotes
- Workshops
- Mental health-focused yoga classes, breathwork + meditation



TOPICS I CAN SPEAK ON

- Childhood Sexual Abuse + Relational Trauma
- How I Navigated My Own Trauma + Worked to Find Healing
- Movement & Choice: How Both of These Helped Me Heal
- Grieving the Loss of a Parent + Loving an Addict
- Building Resilience + Overcoming Adversity
- Moving Forward When You Want to Give Up
- Anxiety, Depression, Panic Disorder
- Mental Health, Turning Your Pain to Power, Healing