

the *be/* collaborative

mission | *be/* rooted

The Be Collaborative is an organization dedicated to creating experiences that allow individuals to engage deeply within, cultivating the tools and support necessary to find **personal balance** and to build the capacity to **thrive as a community**.

vision | *be/* present

We believe **wellness is a necessity** that we must prioritize as a collaborative. We redefine wellness as our ability to **adapt** (recognize and respond to events in our lives), **flow** (remain centered when faced with challenges), and **BE** (are relentless in becoming our best selves).

tools | *be/* intentional

We take a **multidisciplinary approach** to our work, combining elements of Positive Youth Development, Experiential Learning, Yoga and Chakra Study, Social Emotional Development, and Group Dynamics Theory. By bridging these areas of study, we are able to create programming and resources that have the potential to reach **diverse** individuals and communities where they need, providing profound **impact**.

core principles | *be/* compassionate

We identify **seven core principles** - Be Rooted, Be Present, Be Intentional, Be Compassionate, Be Vocal, Be Awake, and Be. These principles serve as the **foundation** for finding and maintaining balance as individuals and in the development and delivery of our services.

services | *be/* vocal

We aim to fulfill our vision through **customized experiences** and resources for our clients. Our approach manifests in a variety of contexts, **including, but not limited to:**

Consulting Youth Programming
Professional Development & Training
Yoga and Meditation Teambuilding Facilitation

about the founder | *be/* awake

My **purpose** has always been rooted in **people**. Connecting people, listening to people, lifting people up. This has taken many forms throughout my career as a teambuilding facilitator, youth advocate, education consultant, and yoga instructor. I owe my expertise and fierce passion to the many people and institutions who have taught and supported me along the way. I am incredibly grateful for the opportunity to share my **authentic self** and create ripples that meaningfully impact people as they navigate their own paths.

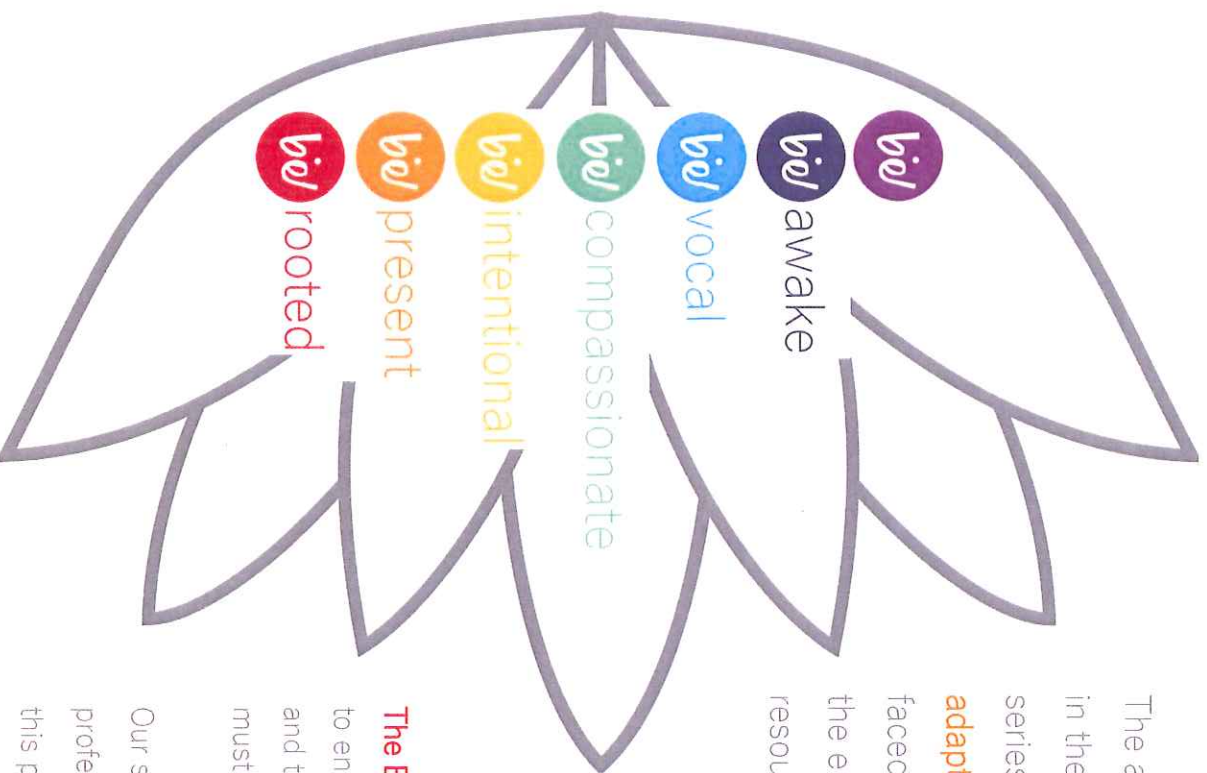
contact info | *be/*

We would love to make you a part of our family. For more information about our programs and services, please contact:

Megan Gildin, Ed. M.

Founder & Chief Experience Officer
megan@thebecollaborative.com

the *be!* collaborative - youth program



The aim of this program is to provide youth with the tools needed to be successful in the face of life's challenges. Over the course of nine weeks, youth engage in a series of activities including yoga, meditation, and life skills that will help them **adapt** (recognize and respond to events in their lives), **flow** (remain centered when faced with challenges), and **be** (be relentless in becoming their best selves). At the end of the program, participants will work collaboratively to create a toolbox of resources to support them as they navigate their world.

18 sessions, 9 weeks

60-90 minute sessions twice a week

Yoga – Meditation – Life Skills

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Our services include, but are not limited to: consulting, youth programming, yoga and meditation, professional development and training, and teambuilding facilitation. For more information about this program and other services, please email megan@thebecollaborative.com