

# Miles Adcox

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Miles Adcox is the owner and CEO of Onsite, an internationally-acclaimed emotional wellness lifestyle brand that delivers life-changing personal growth workshops, inspiring content, leadership retreats, and emotional treatment. An entrepreneur, speaker, host, and coach, Miles is passionate about coming alongside individuals and organizations to assist their efforts to foster emotional intelligence, inspire connection, and promote overall wellness. Miles is the owner of Onsite Music Publishing, Milestones at Onsite, and the Onsite Foundation, as well as the founder of Inspire Nashville. He has been featured on "Dr. Phil," "20/20," The New York Times, "The Doctors," "Good Morning America," and TEDxNashville. An avid outdoorsman and supporter of the arts, Miles lives in Nashville with his wife, Vanessa, and son, Maverick. For more information, please visit [MilesAdcox.com](http://MilesAdcox.com).

## Why Miles Adcox?



- CEO Miles Adcox has devoted his life to breathing life into three concepts: Empathy over action; love over agenda; and grace over advice.
- Miles consults with major, national brands on organizational health and emotional wellness and is a communication, personal growth, and mental health consultant to the entertainment industry.
- Miles's work and his organization Onsite have been featured on "20/20," "Good Morning America," *New York Times*, *Wall Street Journal*, "Dr. Phil Show," and "The Doctors." Miles has been a featured speaker and facilitator at various international events including Random House and *O, The Oprah Magazine's* Rising Strong Day with Dr. Brene Brown, and TEDxNashville.
- As an expert in emotional fitness, Miles co-hosts The Unspoken Podcast, where conversations are vulnerable, authentic, inspiring, and hilarious. With more than 10,000 followers and listeners, the podcast encourages listeners to find connection, healing and the courage to leave no important words unspoken.
- Miles serves as co-founder, executive producer and host of Inspire Nashville, the creative community's annual premier event honoring leaders in the music community who use their platforms for transformative, philanthropic research.

“Healing happens in community. What we can't do alone, we can do together.”  
- Miles Adcox, Onsite Owner and CEO

“Our job as leaders is to put down the microscope and pick up a mirror.”  
- Miles Adcox, Onsite Owner and CEO

# Onsite

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Onsite has a mission: to change lives through enhancing emotional health. Onsite is the worldwide leader in therapeutic and personal growth workshops helping individuals, couples, families, and business professionals become more self-aware, compassionate, and resilient. Onsite offers a trusted space and practical tools to move toward health and happiness with a vision to connect the world through empathy, self-awareness, resiliency, and compassion. Located in a beautiful ranch-like setting in the breathtaking rolling hills outside of Nashville, Onsite provides a safe, loving, family environment where guests can break the cycles that hold them back and rediscover themselves and their relationships. Working in tandem with Onsite, The Onsite Foundation provides funding to vulnerable populations including veterans, first responders, low-income individuals, and front-line helping professionals, offering services to aid in the healing and rebuilding of those who struggle from the effects of trauma, abuse, stress, mental health and relationship issues. For more information, please visit [OnsiteWorkshops.com](http://OnsiteWorkshops.com).

## Why Onsite?



- Onsite CEO Miles Adcox believes the primary goal at Onsite is to help each guest reach their full potential of emotional freedom.
- For the last 40 years, the Onsite team has helped tens of thousands of individuals feel better equipped to handle the challenges that life throws their way because the Onsite team believes no one should have to carry the difficulties of life alone.
- Onsite offers four to six-day workshops for those looking to better understand themselves and how they relate with others and those who need to unpack stress and burn-out, resolve emotional pain, and repair fractured relationships.
- Onsite partners with the world's top therapists specializing in trauma, codependency, process addiction, stress, and burnout, family of origin, and shame resiliency to help people overcome dysfunctional patterns and establish healthy relationships.
- The Onsite process works in just three simple steps: connect with the admissions team, find the right program that fits the individual's needs and then helps them transform their life.