

Sheady Kyle

Founder, Conquering Mountains Together

I have debilitating PTSD due to military sexual trauma which occurred while I was on an overseas deployment. When I came home, I was unable to hold a job, unable to go out into the public by myself and unable to function as a complete and independent person. While attending one of my many VA appointments in Indianapolis, I was informed about Healing Warrior Hearts from a nurse that was overseeing my care. I looked into the website and decided to give the program a try.

Two years ago, my husband and I started a non-profit called Conquering Mountains Together. This vision was born out of a desire to help people in our community to overcome life challenges by looking at their situation from a holistic and whole picture lens. We also have a goal to climb the seven summits of the world as a physical representation of the life mountains we all conquer.

Our organization vets every resource we provide to others and looks deeply into each organization we support to ensure that our values align. Therefore, it was important to me that I attend the Healing Warrior Hearts retreat, not only for my own growth and healing, but also to vet the Starfish Foundation program before sharing it with others who could benefit from the program.

I have a background in human services, sociology and psychology. I spent 13 years in the Army and worked in the federal government as a civilian contractor for five years. I have a strong connection to the Army and a passion for helping to heal others that have suffered from sexual trauma. While our non-profit serves civilians and Veterans alike, we hold special programs and services for Veterans, much like the Starfish Foundation does.

I feel that I can best serve the board by expanding the education of the foundation beyond Wisconsin. I have been told that there is interest in starting a HWH in Indiana, due to the numerous staff that live in my state. I feel that I could assist in facilitating this state expansion and increase the awareness of the foundation as a whole. I am interested in staffing events, assisting with data organization, and keeping the mission alive.

Thank you for your consideration for an At Large representative of the board and I look forward to future collaboration with Healing Warrior Hearts in multiple capacities.