

Ashley N. Browning



SELF-CARE STRATEGIST

Ashley N. Browning, better known as The Community Crusader, is a Self-Care Influencer, Sexual Health Educator, HIV Stigma Breaker, and Truth Seeker. She's made it her mission to create safe, healing spaces for the vulnerable, the underserved, and the folks most often forgotten. Born and raised in Dayton, Ohio and now living in Lexington, Kentucky, Ashley continues to build a legacy rooted in purpose, power, and radical love.

In 2013, she founded **SoLoved**, a nonprofit grounded in John 3:16—For God so loved the world that He gave.... That scripture isn't just a verse—it's how Ashley shows up. She gives when it's inconvenient, serves when it's uncomfortable, and leads with love when it's hard. That kind of selfless consistency is the foundation of both her work and her walk.

Ashley is the Executive Director of a transitional housing and recovery program for women and families, where she leads with compassion, accountability, and vision. She also works behind the scenes, consulting with grassroots organizations and small businesses on strategy, project management, speaker development, and building systems that actually work.

Her self-care journey began in 2018, when she made a decision: no more surviving—only thriving. That shift birthed Self Care Ain't Selfish, a movement that calls Black women back to themselves. And in 2021, she expanded that mission with She Selfish, a platform that centers self-care and sexual health education—without shame, fear, or apology.

Ashley speaks truth wherever she goes, holding space for real conversations around mental health, pleasure, HIV, the complexities of Black womanhood, and spiritually rooted healing. Her signature talks include:

Self Care Ain't Selfish... It's Necessary

Down in the Valley Where the Girls Get Naked: A Sexual Health Exploration of Freedom.

She's also the creative force behind healing, community-driven experiences like Lemonade and Lipstick, She Pleases, Alexa, Find My Therapist, and Period Uhh, Period Ahh—events that create culturally competent spaces for joy, truth, and transformation.

Ashley is a proud HBCU and PWI grad, holding a BA in Criminal Justice from Kentucky State University, a Master's in Rehabilitation Counseling from the University of Kentucky, a Chemical Dependency Certificate from Union College, and a Graduate Certificate in Nonprofit Administration from Wright State University. She is also a Certified Yoni Steam Practitioner.

She's been honored as a 40 Under 40 by both Kentucky State University and the Dayton Business Journal, and currently serves on three boards committed to health equity and self-care advocacy.

When asked what continues to motivate Ashley to serve her community, she notes the legacy of her grandfather, Harry C. Browning.

Shortened Bio

FOR ASHLEY BROWNING

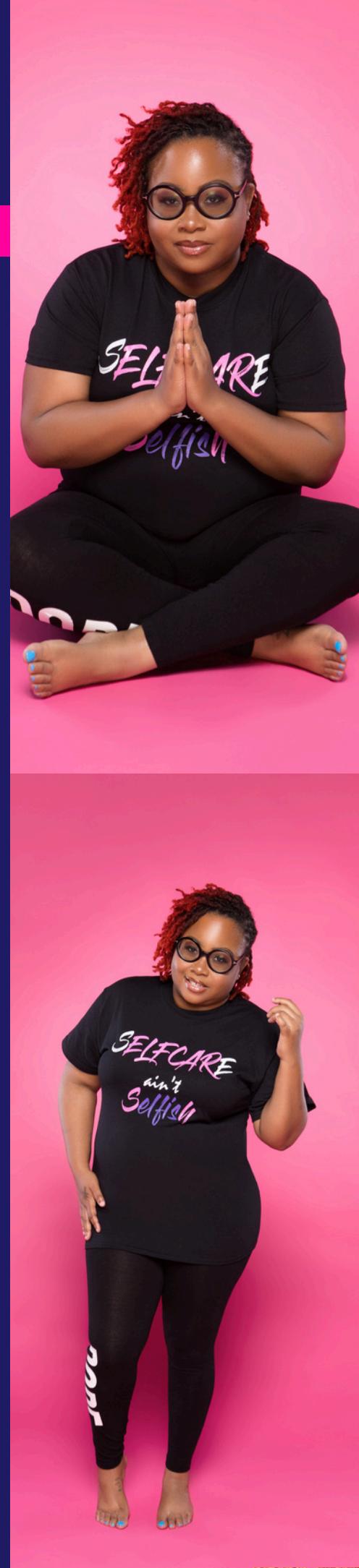
Ashley N. Browning, known as The Self-Care Strategist and The Community Crusader, is a truth-teller, healer, and advocate for Black women and Black girls who are tired of surviving and ready to thrive. She's a Self-Care Influencer, Sexual Health Educator, HIV Stigma Breaker, and sacred space creator—on a mission to help Black women and Black girls care for themselves without guilt, shame, or apology.

Born and raised in Dayton, Ohio and now rooted in Lexington, Kentucky, Ashley is the founder of She Selfish, a space where Black women and Black girls learn to rest, reclaim, and remember themselves. Through coaching, events, and curated products, she teaches what it means to pour from overflow—not depletion. Her signature experiences—Lemonade and Lipstick, She Pleases, Alexa, Find My Therapist, and Period Uhh, Period Ahh—create space for real talk, real healing, and real joy.

She also serves as Executive Director of a transitional housing and recovery program for women and families, and is the founder of SoLoved, a nonprofit committed to education, outreach, and equity in underserved communities.

Ashley holds degrees and certifications in criminal justice, rehabilitation counseling, nonprofit administration, and chemical dependency—and is also a Certified Yoni Steam Practitioner. She's been honored as a 40 Under 40 by Kentucky State University and the Dayton Business Journal.

What fuels her? The legacy of her grandfather, Harry C. Browning.



Awards & Achievements

ASHLEY'S REMARKABLE MILESTONES

Ashley's work in wellness, advocacy, and community impact has earned her numerous honors over the past decade — including:

40 Under 40, Kentucky State University

40 Under 40, Dayton Business Journal

She has also received over a dozen community service and leadership awards recognizing her commitment to equity, healing, and empowerment for Black women and underserved communities.

- ✓ **Phi Beta Sigma Fraternity, Inc. Beta XI Sigma Chapter, Community Impact Award, May 2024**
- ✓ **The Knox Family, Community Service Award, June 2023**
- ✓ **Dayton Human Relations Council & Gem City Selfie Museum, EmpowHer Award, March 2023**
- ✓ **Revival Center Ministries, Unsung Hero Award, February 2020**
- ✓ **The Speak Woman Magazine Community Service Award, October 2019**
- ✓ **The Dream Bigg Foundation, The Do It Bigg in the Community Award, August 2019**
- ✓ **The Knox Family, Award of Excellence, August 2019**
- ✓ **Top Ladies of Distinction. Inc, Community Partnership Award, April 2019**
- ✓ **The Henry Knox, Community Service Award, June 2018**
- ✓ **Fearless Ladies, Fearless Lady Award for Community Service, April 2017**
- ✓ **Delta Sigma Theta Sorority Inc., Dayton Alumnae Chapter, GOALden Globe Community Service Award, March 2017**
- ✓ **Eta Phi Beta Sorority, Inc. Lambda Chapter, Heart of Gold Community Service Award, February 2017**
- ✓ **Wilberforce Chapter of the Moles, Inc. Community Service Award, December 2016**
- ✓ **Montgomery County, Ohio, Delta Sigma Theta, Inc. Alumnae Chapter, Dorothy I. Height, Non- Soror, Community Service Award, April 2016**

She Speaks: Signature Talks

PUBLIC SPEAKING EXPERIENCE

A selection of Ashley's most requested talks, rooted in self-care, healing, and culturally competent wellness.

Self Care Ain't Selfish, It's Necessary

This signature session redefines self-care as a sustainable lifestyle, not a luxury. Participants will walk away with tools to protect their peace and prioritize their needs unapologetically.

Date Your Therapist

A culturally grounded framework for helping Black clients overcome barriers to mental health access. Interactive and eye-opening for both community and clinical audiences.

Down in the Valley Where the Girls Get Naked

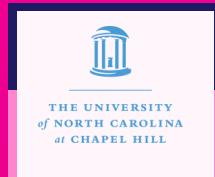
A bold, unfiltered talk exploring sexual freedom, body autonomy, and the sacred nature of sensuality for Black women. Perfect for progressive, affirming spaces.

Breathe Sis, Breathe: Mindfulness for Black Women

This session offers grounding practices, breathwork, and real talk on what it means to rest and regulate in a world that demands our constant performance. Ideal for healing spaces, retreats, and wellness workshops.

Speaking Engagements

EVENT SPEAKER INVITATIONS



Black women and girls, youth, professionals, faith-based groups, and wellness seekers.

Media Mentions

SHE SELFISH IN THE PRESS

DAYTON.COM

AMBITION

92.1 WROU
Dayton's R&B Leader

2 NEWS
wdtn.com

WDAL 1210 AM
& 102.3 FM
The Real Rhythm of the City

POETIIC
EST. 2019
UNIVERSITY

THE Dayton
Weekly
ONLINE NEWS

HOT
102.9

RADIO
LEX
WLXU 93.9FM ENG
WLXL 95.7FM BSP

VoyageOhio

CANVASREBEL

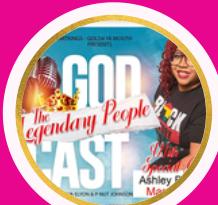
Dayton
Daily
News



WRIGHT STATE
UNIVERSITY

Podcast Features

LISTEN & LEARN ABOUT US



Ways to Collaborate

PARTNERSHIP OPPORTUNITIES



HOST A SHE SELFISH EVENT



BOOK ASHLEY AS A SPEAKER



PARTNER ON PRODUCT FEATURES & BUNDLES



BRAND PARTNERSHIPS OR SPONSORSHIPS

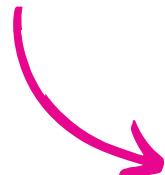


BOOK A SHE PLEASES ADULT PARTY

Need a Speaker?

HERE'S A REQUEST FORM

I would love to become a speaker at your next event!
Just simply scan the code to fill out my request form.



Scan QR Code



Speaker Topics

TOPICS I CAN DISCUSS AS SPEAKER

1 SELF CARE/SELF LOVE

2 MEDITATION/MINDFULNESS

3 MENTAL HEALTH

4 SEXUAL HEALTH

STI EDUCATION

WOMB WELLNESS

Visit www.sheselfish.com to learn more!

LIVE 

BE SELFISH WITH YOUR SELF-CARE

PODCAST

CLAUDIA BOTTOMS

ASHLEY BROWNING



www.sheselfish.com



But First, Self Care...



Ashley N. Browning

Here's a Gift!

GET YOURS NOW

Download our signature **Self-Care Workbook** and explore playlists, reflection tools, and a wellness calendar — all curated with you in mind.

VISIT WEBSITE TO DOWNLOAD

Self-care Affirmations

SOME OF MY FAVORITE AFFIRMATIONS

I am **top priority** in my life.

My self-care is **worth making time** for.

My daily commitment to my **self-care isn't selfish**.

I am strong, empowered, and **capable of anything**.

Every day, I **choose to learn more** about my authentic self.

I must make sure I am **regularly taking care of myself**
before I take on too much to help others.



Get in Touch

✉ contact@sheselfish.com

🌐 www.sheselfish.com



“Ashley doesn’t just talk self-care—she lives it, leads it, and teaches it in the most authentic way. Our audience left her workshop feeling seen, empowered, and recharged.”

