

# Ashley N. Browning



## SELF-CARE STRATEGIST

Ashley N. Browning, known as The Community Crusader, is a self-care strategist, sexual health educator, and national public speaker committed to advancing holistic wellness, healing, and health equity. Originally from Dayton, Ohio and now based in Lexington, Kentucky, Ashley creates culturally responsive spaces that center self-care, mental health, sexual and reproductive wellness, and trauma-informed advocacy.

With over 15 years of experience in nonprofit and community-based work, Ashley has held executive and senior leadership roles, leading strategy, sustainability, and community-centered initiatives that support vulnerable, underserved, and historically marginalized communities. She is the founder of SoLoved, a 501(c)(3) organization that has evolved into The SoLoved Collective—an ecosystem focused on health and wellness, education, and social justice.

At the core of her work is She Selfish, the health and wellness arm of The SoLoved Collective, rooted in her signature message, Self Care Ain't Selfish. Through this platform, Ashley creates experiences, products, and conversations that empower individuals—especially Black women—to prioritize their well-being, reclaim their bodies, and live from a place of wholeness rather than depletion.

Ashley is also the creator of She Comes First, an initiative focused on sexual empowerment and pleasure-centered wellness, and the visionary behind Alexa, Find My Therapist, a signature experience connecting communities to culturally competent mental health providers while reducing stigma and increasing access to care.

A dynamic and engaging speaker, Ashley leads conversations on self-care, sexual health, mental health, and healing justice, creating spaces that are both affirming and transformative. Her work is rooted in truth-telling, cultural awareness, and lived experience, making her voice both relatable and impactful across diverse audiences.

Ashley holds a Bachelor's degree in Criminal Justice from Kentucky State University and a Master's degree in Rehabilitation Counseling from the University of Kentucky, along with certifications in Chemical Dependency, HIV Workforce Development, Nonprofit Administration, and is a trained yoni steam practitioner. Her leadership has been recognized through numerous honors, including being named to the 40 Under 40 by both Kentucky State University and the Dayton Business Journal.

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 Community Crusader, is a self-care strategist, sexual health educator, and national public speaker dedicated to advancing holistic wellness, healing, and health equity. Originally from Dayton, Ohio and now based in Lexington, Kentucky, she is the founder of SoLoved, a 501(c)(3) organization, and creator of She Selfish, a platform centered on self-care, mental health, and sexual wellness.

With over 15 years of experience in nonprofit and community-based work, Ashley has held executive and senior leadership roles, leading initiatives that support underserved and historically marginalized communities. Through her work, she creates culturally responsive spaces that empower individuals—especially Black women—to prioritize their well-being and live from a place of wholeness rather than depletion.

She is guided by 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



# 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

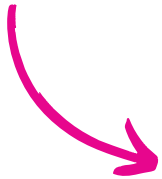


BOOK A SHE  
PLEASES  
ADULT PARTY

## 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](http://www.sheselfish.com) to learn more!

LIVE ●

BE SELFISH WITH YOUR SELF-CARE

# PODCAST

CLAUDIA BOTTOMS

ASHLEY BROWNING



[www.sheselfish.com](http://www.sheselfish.com)



But First, Self Care...

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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](mailto:contact@sheselfish.com)

🌐 [www.sheselfish.com](http://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.”*

SCAN TO BOOK A CALL

