WWW.SHESELFISH.COM

ABOUT ASHLEY OF SHE SELFISH

The Community Crusader, Self Care Influencer, and Sexual Health Educator, Ashley N. Browning, is a native daughter of Dayton OH. She is an advocate for the vulnerable, underserved, and forgotten. Through her non-profit organization, SoLoved, started in 2013 she has been able to physically, emotionally, and spiritually empower the local Dayton community through outreach initiatives. The organization's focal scripture, John 3:16, For God SO LOVED the world that HE gave...; empowers Ashley daily, to give when it's not convenient and consistently display selflessness through adversity.

In 2018, Ashley began her Self-Care journey and challenged herself to vibrate on a higher frequency in every area of her life. On her journey to live holistically, mind, body, and soul she wanted to create a space for other black women to do the same. Self Care Ain't Selfish, was birthed out of a need to promote wholeness, awareness, and education around self-care. Self Care Ain't Selfish is a statement of empowerment and realization meant to inspire you to care for yourself and operate from a place of overflow rather than depletion. Ashley is leading the charge of Self Care as a lifestyle, rather than a fleeting action. In her newest endeavor, She Selfish, Ashley seeks to continue to Empower through Self Care Coaching and Sexual Health Education. Professionally, Ashley serves as a Project Manager at Wright State University, through the Substance Abuse Resources and Disability Issues department. She facilitates projects based out of three local universities and addresses behavioral health risks and prevention. As a prevention educator, she provides resources, substance abuse counseling, HIV/AIDS, and Hepatitis C prevention training. She also coordinates and conducts HIV and HEP C Testing to inform and protect the community.

In addition, Ashley is an Adjunct Professor at Wright State University in Women and Gender Studies and Sexuality.

As an advocate of education, Ashley received her BA in Criminal Justice from Kentucky State University, a Master's in Rehabilitation Counseling from the University of Kentucky, and certification in Chemical Dependency from Union College. Most recently, she completed a graduate certificate in Non-Profit Administration from Wright State University.

The community of Dayton, OH, and all who have been blessed by Ashley are in celebration of her amazing and inspiring work. She has received countless awards from prestigious community organizations and has previously served on the boards of multiple Non-Profit Organizations. While currently serving on 2 boards for racial justice and self-care promotion.

Most notably, she was inducted as one of the 40 under 40 from 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.

MEDIA MENTIONS

living DAYTON

DAYTON.COM

HOT 102.9

Dayton Daily News

92.1 WROU Dayton's R&B Leader

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

2 NEWS wdtn.com

WRIGHT STATE UNIVERSITY

SERVICES

Girl Talk | Self Care Strategy Session | Sis, Be Selfish!
(1-on-1 Coaching Session) | She Sexual

PODCAST FEATURES

It's About Time with Charliese & Youlonda

Chosen Outreach Ministries
Chosen By Design

What's the BIZ WITH TJ

SPEAKING ENGAGEMENTS

Milk Mama's

BLACK WOMEN Cultivating Change

Be Whole! LIFE COACHING

AUDIENCE

Teens and Women of Color, ages 14-19 and 30-50

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SheSelfishLLC

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AWARDS

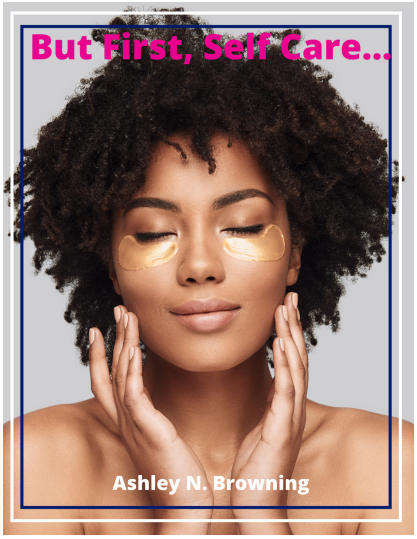
- Kentucky State University, 40 under 40, October 2020
- Dayton Business Journal, 40 under 40, August 2020
- Revival Center Ministries, Unsung Hero Award, February 2020
- The Speak Woman Magazine Community Service Award, October 2019
- The Dream Bigg Foundation, The Do It Bigg in the
- Community Award, 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

SPEAKER REQUEST FORM

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

SELF-CARE 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.



A **SELF-CARE WORKBOOK** DESIGNED TO PUT YOU FIRST
Get My Latest eBook "**But First, Self Care**" for **FREE**!

Grab a copy today!
Visit our website at **www.sheselfish.com**

Come on In! Check out our services, blog, and products while you get comfortable...I have a couple of playlists for you to listen to, coloring pages, and a self-care calendar...all **free**! Just for you! Breathe, Release, and Meditate while you are here...**Be Selfish Sis!**
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SHORTEN BIO FOR ASHLEY

The Community Crusader, Self Care Influencer, and Sexual Health Educator, Ashley N. Browning, is a native daughter of Dayton, OH. She is an advocate for the culture and state of the Black Community. With a heart for Black Women and Girls. Through her passion, She Selfish, she is able to promote wholeness, awareness, and education around self-care, self-love, meditation, mindfulness, and sexual health. She Selfish is a safe space and a statement of empowerment, where she inspires others to care for self and operate from a place of overflow rather than depletion.

Ashley is leading the charge of Self Care as a lifestyle as she seeks to continue to Empower through Self Care coaching, events, and products.

She is also the founder of SoLoved, a non-profit organization, that is committed to the social, racial, and economic development of West Dayton, through education and outreach. Through her work in the community, she has received countless awards from prestigious community organizations and has previously served on the boards of multiple Non-Profit Organizations. Most notably, she was recently inducted as one of the 40 under 40 from 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.