



Ashley Browning

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WEBSITES, PORTFOLIOS, PROFILES

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PROFESSIONAL SUMMARY

Public speaker and facilitator with 6+ years of experience delivering keynote, featured, and breakout sessions centered on self-care, mental health, sexual and reproductive wellness, and trauma-informed practice. Known for engaging, culturally responsive presentations that bridge education, lived experience, and actionable strategy across conferences, universities, healthcare systems, and community spaces. Expertise spans holistic wellness, health education, and advocacy, with a focus on empowering individuals to prioritize well-being, deepen self-awareness, and access care in ways that are affirming and sustainable.

EDUCATION

Master of Rehabilitation Counseling

University of Kentucky, Lexington, KY

- Selected Certifications: Developmental Disabilities; Chemical Dependency HIV Workforce Development; Nonprofit Administration.

AREAS OF EXPERTISE

- **Self-Care & Wellness:** Self-care and self-love practices, meditation and mindfulness, mental health, sexual and womb wellness
- **Health Education:** STI and HIV education, stigma reduction, PrEP education for Black women, menstruation care, comprehensive sexual health
- **Trauma-Informed Advocacy:** Trauma-informed care, gender studies, boundaries, consent and healing-centered practices

SIGNATURE PRESENTATIONS

- **Self-Care Ain't Selfish, It's Necessary**

Keynote / Featured Session

Explores the Eight Components of Self-Care, offering actionable strategies to support sustainable well-being across personal and professional contexts.

- **Date Your Therapist**

Signature Presentation

A culturally grounded framework that helps individuals assess, vet, and engage therapists who are affirming, self-aware, and aligned, reducing barriers to effective mental health care.

- **Down in the Valley Where the Girls Get Naked**

Signature Presentation

Examines sexual agency, shame, and liberation for Black women through storytelling and cultural analysis, centering pleasure, autonomy, and

SELECTED SPEAKING ENGAGEMENTS

reclamation.

- **Breathe, Sis, Breathe: Mindfulness for Black Women**

Signature Presentation

Centers breathwork and grounding practices as accessible tools for rest, regulation, and resilience, framing mindfulness as both wellness and resistance.

Delivered keynote, featured, and breakout sessions at regional and national conferences, universities, healthcare systems, and community-based organizations.

2026

· **Disrupting the “Strong Black Woman” Narrative in Clinical Practice: Trauma-Informed Approaches to Improve Sexual and Reproductive Health Care Engagement** | National Reproductive Health Conference | Chicago, Illinois | July 30, 2026

Audience: Reproductive and sexual health professionals, healthcare providers, clinicians, public health professionals, social workers, mental health professionals, community health workers, health educators, advocates, and professionals serving Black women and other historically underserved communities.

· **Big Vision, Better Systems: Building Capacity Without Burning Out** | Association of Black Women in Project & Program Management | Virtual | July 28, 2026

Audience:

Black women project and program managers, nonprofit leaders, entrepreneurs, executives, organizational leaders, consultants, and professionals responsible for building programs, managing teams, strengthening organizational capacity, and creating sustainable systems.

· **From Stigma to Strategy: Using Community Conversations to Advance Sexual Health and HIV Prevention in Black LGBTQ+ Communities** | NAESM National African American Leadership Conference on Health Disparities and Social Justice | Montgomery, Alabama | May 28–31, 2026

Audience: Public health professionals, HIV prevention specialists, sexual health educators, community health workers, nonprofit leaders, social workers, healthcare providers, advocates, and professionals serving Black LGBTQ+ communities.

· **Sis, Who Told You to Be Strong? Gon’ Head and Protect Your Peace & Pleasure**, National Sex Ed Conference | Baltimore, MD | February 23–25, 2026

Audience: Sex educators, public health professionals, clinicians, researchers, and community advocates focused on advancing comprehensive sexuality education and sexual health equity.

2025

· **Expressions of Peace Expo**, Dayton, OH | September 2025

Audience: Community youth, wellness advocates, and service providers.

· **Selfish or Strategic? Building a Business Without Losing Yourself**, StartUp Week Conference | Dayton, OH | September 2025

Audience: Entrepreneurs, small business owners, creatives, and emerging founders.

· **Hoe But Make It Holy: The Sacred Art of Polyamory and Divine Non-Monogamy**, Sex Down South Conference | Atlanta, GA | September 3–5, 2025

Audience: Sexual health educators, clinicians, relationship practitioners, and liberation-focused professionals.

· **Snatched Wombs & Stolen Choices: Reproductive Justice Ain't Just About Babies**, Tending Our Gardens Conference | Omaha, NE | August 20–22, 2025

Audience: Women of color, reproductive justice advocates, community organizers, and policy-adjacent professionals.

· **Date Your Therapist**, Black Mental Health Summit | West Chester Township, OH | July 2025

Audience: Community members, mental health advocates, clinicians, students, and wellness professionals.

· **Panelist – Menopause & Midlife Transitions**, Rite of Passage to Wombhood | Lexington, KY | March 2025

Audience: Women navigating menopause, reproductive transitions, holistic wellness, and life-stage transitions.

2024

· **Navigating Polyamory: Building Healthy Relationships Beyond Monogamy**, The Sex Ed Lecture Series | Virtual | December 2024

Audience: Sexual Health Advocates and Educators

· **Standing Strong: Self Care Ain't Selfish, It's Necessary**, UK Women's Forum Conference | Lexington, KY | December 2024

Audience: Women Professionals and Community Members

· **Resilience in Action: The Role of Self-Care in Sustaining CHWs and Strengthening Communities**, Keynote Speaker, Ohio Statewide Community Health Worker Conference | Columbus, OH | October 2024

Audience: Community Health Workers and Public Health Advocates

· **Unleash Your Inner Radiance: Cultivating Joy, Healing, and Self-Love through Self-Care**, The UnleaSHED Women's Summit by She Fire, The Tracy Nicole Brand | Crestview Hills, KY | September 2024

Audience: Women Leaders and Entrepreneurs

· **She Sexual: Self Care, Sexual Health and Education**, Black Girl Leadership Conference | Dayton, OH | July 2024

Audience: Incoming College Freshmen and Returning College Students

· **Understanding Why Black Women Aren't Embracing PrEP for HIV Prevention: An Exploration of Sociocultural, Systemic, and Healthcare Factors**, University of Dayton, Imagining Community Health and Environmental

Justice Symposium | Dayton, OH | April 2024

Audience: Researchers, Health Professionals, and Community Advocates

Additional presentations delivered across universities, healthcare systems, retreats, and community-based organizations throughout 2024, expanding reach across both clinical and community audiences.

2023

· **Intersectionality in Sexual Health**, The Sisterhood Retreat | Mt Sterling, OH | November 2023

Audience: Women of Color, Health Advocates, and Community Leaders

· **Self-Care**, Girls Tribe Event for Scholars of Hope | Dayton, OH | October 2023

Audience: Adolescent girls and young women, students, and youth program participants

· **Self-Care Ain't Selfish, It's Necessary**, Transforming Care Conference on LGBTQ+ and HIV Health Equity | Columbus, OH | October 2023

Audience: HIV and LGBTQ+ advocates, community health workers, and healthcare professionals

· **Preventing Burnout Through Self Care**, St. Jude Hospital | Virtual | September 2023

Audience: Healthcare Providers and Public Health Workers

· **Sexpert Panel Moderator**, Black Women Cultivating Change | September 2023

Audience: Black Women and Health Advocates

· **Be Selfish: The Power and Impact of Self Care for HIV Clinicians and Providers**, University of Chapel Hill | Virtual | August 2023

Audience: HIV Clinicians and Providers

2022

· **Manifestation Mixer: How to Heal**, Black Women Cultivating Change | April 2022

Audience: Women of Color, Community Members, and Spiritual Practitioners

· **Sexual Health**, Mercy Sienna Nursing Home | Dayton, OH | January 2022

Audience: Nursing home residents and older adults

MEDIA APPEARANCES & PODCAST FEATURES

Featured guest on multiple podcasts and digital platforms discussing self-care, mental health, sexual and reproductive wellness, trauma-informed advocacy, and sustainable leadership. Podcast conversations have reached diverse audiences including healthcare professionals, educators, entrepreneurs, and community members, further extending the impact of her speaking and facilitation work beyond live events.

LEADERSHIP & RECOGNITION

- Board Member, HUES Women's Health Advocacy Institute
- 40 Under 40, Kentucky State University
- 40 Under 40, Dayton Business Journal