



WEBSITES, PORTFOLIOS, PROFILES	<ul style="list-style-type: none">• https://www.linkedin.com/in/selfcarestrategist/• http://www.sheselfish.com
PROFESSIONAL SUMMARY	Dynamic and passionate educator and public speaker with over 6 years of experience in empowering communities through education and public speaking. Expertise in gender studies, sexual health, self-care, and mental health advocacy. Proven track record of inspiring audiences, engaging students, and delivering impactful presentations on a variety of social and health-related topics.
WORK HISTORY	ADJUNCT PROFESSOR 01/2022 to CURRENT Wright State University, College of Liberal Arts Fairborn, OH <ul style="list-style-type: none">• Courses Taught: Intro to Sexuality, Women and Gender Studies Responsibilities: <ul style="list-style-type: none">• Developed and delivered curriculum for the courses "Intro to Sexuality" and "Women and Gender Studies."• Engaged students through innovative teaching methods and interactive course materials.• Designed and implemented assessments to measure student learning outcomes and course effectiveness.• Provided mentorship and academic support to students, fostering a supportive learning environment. Achievements: <ul style="list-style-type: none">• Increased student engagement by 15% through the integration of interactive and multimedia elements in the curriculum.• Maintained a student satisfaction rating of 4.8/5, reflecting the high quality and impact of teaching methods. Poster Presentations <ul style="list-style-type: none">• Using Innovative Technologies to Advance HIV Prevention for African American College Students During Covid-19 Browning, A.N., Kinzeler, N.R., Huber, J-M., Vann, M., & Gaddis, R. <i>Presented at the American Academy of Health Behavior Scientific Meeting March 2022</i>• The Risk is NOT Knowing Browning, A.N., Kinzeler, N.R., Huber, J-M., Leonard, A., & Ford, J.A. <i>Presented at the CDC STD Prevention Conference September 2020</i>
EDUCATION	Coursera Certification Google Project Management EXPECTED IN 03/2025 Central State University

	Certification HIV Workforce Program Black AIDS Institute National	01/2024
	Certification Nonprofit Administration Wright State University, Dayton, OH	05/2021
	Certifications Volunteer Mobilization and Resource Development & Fundraising and Grant Writing AmeriCorps VISTA Blend	11/2016
	Certification Chemical Dependency Union College, Barbourville, KY	12/2014
	Master of Rehabilitation Counseling University of Kentucky, Lexington, KY	05/2009
	Bachelor of Arts Criminal Justice Kentucky State University, Frankfort, KY	05/2008
AREAS OF EXPERTISE	<ul style="list-style-type: none"> Self-Care and Wellness: Self Care, Self Love, Meditation and Mindfulness, Mental Health, Sexual Health/Womb Wellness Health Education: STI Education, HIV Education and Stigma Reduction, Black Women and PrEP, Menstruation Care, Sexual Health and STI Education Trauma and Advocacy: Trauma-Informed Care, Gender Studies, Boundaries and Consent Professional Development: Professional/Career Development, Business, Non-Profit Development 	
SPEAKING ENGAGEMENTS AND PRESENTATIONS	<ul style="list-style-type: none"> 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 Holistic Sexual Health: STI Education, Reproductive Wellness, and Empowerment Through Traditional Healing, The Centering Conference by HUES Women's Health Advocacy Institute Dayton, OH November 2024 Audience: Health Advocates and Professionals 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

- **Fuel Your Hustle: The Critical Role of Self Care for Entrepreneurs and Small Business Owners**, Launch Dayton Start-Up Week, Presented by Fifth Third Bank | Dayton, OH | September 2024
Audience: Entrepreneurs and Small Business Owners
- **She Sexual: Self Care, Sexual Health and Education**, Black Girl Leadership Conference | Dayton, OH | July 2024
Audience: Incoming College Freshmen and Returning College Students
- **Mental Health and Mindfulness: Cultivating Balance and Inner Peace**, Life Positive Retreat, Equitas Health Institute | Mt Sterling, OH | May 2024
Audience: Health Professionals and Retreat Participants
- **Professional Development 3-Week Series: Cover Letter, Resume, LinkedIn, Mock Interviews**, Central State University, Workforce Training and Business Development Center | Wilberforce, OH | April 2024
Audience: University Students and Job Seekers
- **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
- **Self-Care**, Women's Networking Event for WISE (Women Inspiring, Supporting, and Empowering) | Dayton, OH | March 2024
Audience: Women Professionals and Entrepreneurs
- **Coping with the Head and Heart**, Central State University, Level Up Leadership Conference | Wilberforce, OH | March 2024
Audience: Student Leaders and University Students
- **HIV and Stigma and How It Impacts Care**, University of Chapel Hill | Virtual | January 2024
Audience: Health Professionals and Students

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: Young Girls and Teenagers
- **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
- **Mastering LinkedIn**, Earlham College | Richmond, IN | May 2023
Audience: College Students and Job Seekers

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 Staff and Health Workers

Signature Presentation Self Care Ain't Selfish, It's Necessary (2022–2024)

Delivered at over eight events, this presentation explores the **Eight Components of Self-Care**, offering actionable strategies to integrate physical, emotional, social, intellectual, spiritual, environmental, financial, and occupational self-care into daily life.

Key Events:

- **Standing Strong: Self Care Ain't Selfish, It's Necessary**, UK Women's Forum Conference | Lexington, KY | December 2024
- **Self-Care Ain't Selfish, It's Necessary**, Staff Development, Equitas Health | Dayton, OH | May 2024
- **Self-Care Ain't Selfish, It's Necessary**, Transforming Care Conference on LGBTQ+ and HIV Health Equity | Columbus, OH | October 2023
- **Self-Care Ain't Selfish, It's Necessary**, Dayton's Children's Hospital Black Employee Resource Group | Dayton, OH | January 2022
- **Self-Care Ain't Selfish**, Wright State University, Uprising Symposium | Fairborn, OH | March 2022
- **Self-Care Ain't Selfish**, Columbus VA Medical Center | Virtual | March 2022

SIGNATURE HOSTED EVENTS

- **Lemonade and Lipstick**, A quarterly event for women focusing on creating a supportive community through educational themes that promote self-care as a legacy.
- **Melanin Magic: Mindfulness Meet Up**, a wellness event centered on mindfulness, self-care, and community, featuring activities such as meditation, yoga, and candle-making.
- **Alexa, Find My Therapist**, an annual event in July during Minority Mental Health Month, promoting health equity and connecting participants with culturally competent therapists.
- **She Please**s, a workshop dedicated to sexual health and empowerment for women of color, creating a safe space to explore intimacy and pleasure.

BOARD MEMBERSHIPS	<ul style="list-style-type: none">• Self-Care Symposium, a yearly themed event in October focusing on holistic well-being through topics like health, safety, finances, and relationships.• Period Uhh, Period Ahh, A program providing menstruation education and resources to underserved girls in Lexington, ensuring they can manage their periods with dignity.
AWARDS	<ul style="list-style-type: none">• Board Member, Honest Living 4 Young Women, Inc. Indianapolis, IN 2025–Present Supporting initiatives to empower and uplift young women through mentorship, education, and advocacy.• Board Member, Minority Health Advisory Council Dayton, OH 2023–Present Providing strategic guidance and input on addressing health disparities and promoting health equity in minority populations.• Board Member, HUES Women's Health Advocacy Institute Dayton, OH 2022–Present Advancing women's health and wellness initiatives with a focus on underserved communities through strategic planning and advocacy.• Committee Member, Self-Care Promotion, Montgomery County Prevention Coalition Dayton, OH 2022–Present Collaborating to develop and implement self-care strategies as part of community health initiatives.
COMMUNITY SERVICE	<p>Recognized for professional excellence, leadership, and significant contributions to community service through numerous prestigious awards. Highlights include:</p> <ul style="list-style-type: none">• 40 Under 40, Kentucky State University October 2020 Honored as a distinguished alumna for exceptional leadership, career achievements, and commitment to community impact.• 40 Under 40, Dayton Business Journal August 2020 Celebrated for professional accomplishments and dedication to the betterment of the Dayton community. <p>In addition to these honors, received over 14 additional awards for outstanding community service, collaboration, and leadership, reflecting a deep commitment to empowerment and community impact.</p> <p>SoLoved - 501c3 Founder: Established and led a nonprofit organization dedicated to empowering underserved communities through innovative outreach and advocacy efforts. Spearheaded programs focused on education, mentorship, and resource accessibility, including workshops and community events aimed at fostering academic success, personal growth, and resilience.</p>