

Diversity Equity Inclusion

Building A Culture of Belonging with Ashley Mitchell



About Ashley

Ashley Mitchell is multi-passionate creator, influencer, activist, wellness professional, and new mom. Over the course of her life, she has had the unique opportunity to experience a myriad of physical and mental training philosophies along with real-world challenges that served as critical catalysts for introspection and growth, and has consistently shown the ability to dissect self-limiting beliefs and trauma to summon grit, fortitude, and creativity.

Ashley currently works in several capacities including consulting in Diversity, Equity and Inclusion with a focus on anti-Blackness in wellness and professional spaces, Director of the Movement School at Down Under Yoga where she also teaches strength and hiit classes and is Co-Chair of the Teacher Leadership Council, and most proudly, runs The Courage Campaign, a non-profit founded with her husband Mark that focuses on closing the achievement gap in k-12 schools using movement, journaling, and connection.

The Work



Let's face it- more often than not, *traditional DEI programs fail* because the work is intense, charged, and shrouded in fear.

As a result, individuals and companies alike treat the business of belonging like a check-box item, rather than a key to unlocking greater collaboration, synergy and ultimately innovation.

Ashley's approach is to take the mystery and fear of failure out of allyship, and instead empower folks to take action through the pathways of

Storytelling

Respectful Curiosity

Empathy & Connection

Thoughtful Research

The Why

There were (and are) several events that formed the foundation of Ashley's anti-racism and anti-oppression work, but perhaps none more tragic and eye opening than the murders of Breonna Taylor, Ahmaud Arbery, and George Floyd.

After spending most of her life traversing spaces as one of the only Black people in the room and subsequently battling micro-aggressions and discrimination, Ashley knew she needed to take action in ways that would have lasting impact.

Her philosophy is simple- everyone belongs, and everyone has a responsibility to engage in behaviors that dismantle white supremacy and all systems of oppression.



Packages & Contact Info

Packages & Pricing (in person or zoom)

60 min Presentation Beginning at \$2000

90 min Workshop Beginning at \$3000

Host/ Facilitator/ Panelist Beginning at \$2000

Keynote Address Beginning at \$3500

Please contact me for custom options.

Let's Collaborate!



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11.4 | 7PM EST | ZOOM

INCLUSIVITY SERIES PT. 2

ACTIVISM & ADVOCACY:
CREATING MEANINGFUL CHANGE



ASHLEY MITCHELL



STATE REPRESENTATIVE
LIZ MIRANDA

IN COLLABORATION WITH LULULEMON

PLEASE JOIN US FOR A NIGHT OF STORYTELLING, DISCUSSION & COURAGE!

LINK IN BIO



Allyship, Inclusion & Cultural Diversity

Ashley Mitchell
Founder and CEO
The Courage Campaign
January 19, 2022



making the fitness and yoga world look like the real world:
skin color, body image and everything that is messed up



Conversations in Courage