

ASHLEY SNOWDEN

✉ peace@ashleyksnowden.com
📍 Fishers, IN, USA

SKILLS

- Faith-based Facilitator (Bible Study)
- Motivational and Dynamic
- Relationship and Community Building
- Lifestyle and Nutrition Guidance
- Communication and Interpersonal Connection
- Creative Problem Solving
- Curriculum Building
- Small and Large Group Instruction
- Social Media Influencer (blue check verified)
- Content Creation (i.e. Instagram, Canva)
- DEIJ & Cultural Awareness
- Environmental Justice Advocacy
- English, Spanish, Portuguese Proficiency

VOLUNTEER WORK

Upcycle4Good | Current
Social Media Manager

PROFESSIONAL DEVELOPMENT

Acumen Academy

Global | Virtual

2022 Designing for Environmental Sustainability and Social Impact (Certificate)

United Way of Nashville: Diversity, Equity, Inclusion, & Justice through Emotional Intelligence 6-month Training

National/Virtual

2022 (Certificate)

Sierra Club Training

Global | Virtual

2022 Climate Storytelling

2022 Earth Day Action

2022 Ready for 100: Energy 101

2021 Repower Indiana: Duke Leaders (local)

Hoosier Environmental Council

Indiana | Virtual

2022 Hamilton Co. Sustainable Food and Farming Forum

2022 Greening the Statehouse: Clean Water for Indiana

Canva Training w/Certificates

Global | Virtual

2022 Storytelling for Non-profits

2022 Social Media Marketing

2021 Create Conference

REV2021 | Climate Action, Equity & Resilience

Global | Virtual

Part 1: Innovations in Climate Action

Part 2: Building A Just Transition

PROFESSIONAL SUMMARY

Multi-talented leader and educator with a successful history of helping individuals and groups of all backgrounds and ages improve individual health, wellbeing, and collective climate responsibility. Unrelenting in passion and the ability to build bridges, connect with the spirit of the people, guiding them in the active correlation between the mind, body, soul, and environment. Enthusiastically creating, teaching, and implementing programs and strategies to encourage and support healthy lifestyle choices and justice for the individual, communities, and the planet.

WEBSITE, PORTFOLIO, PROFILES

🌐 ashleyksnowden.com

📷 [instagram.com/ashleyksnowden](https://www.instagram.com/ashleyksnowden)

🌐 [linkedin.com/in/ashleyksnowden](https://www.linkedin.com/in/ashleyksnowden)

WORK HISTORY

Regenerative Wellness Coach | Self-Employed
Fishers, USA | 01/2017-Current

- Developed and implemented strategies to increase social and environmental responsibility within companies, organizations, and individuals
- Built strong relationships with clients to promote and draw correlations between mind + body + spirit + earth wellness.
- Organized and led seminars, presentations and classes for clients and groups, providing expert insight and advice for lifestyle changes by understanding the impacts of consumption and environment.
- Studied herbal medicine, and created online herbal apothecary, ALOHA SNOW for natural alternatives to allopathic medicine.
- Provided individual health coaching to help clients optimize personal lifestyle choices by understanding food is medicine.
- Eliminated high-risk behavior through education, diet, exercise, mindset shifts, stress reduction and clean living for clients.
- Acknowledged and supported cultural nuances and environmental impacts on overall health of each client.
- Organically grew and managed thriving social media presence of over 100k global followers by sharing authentic, relevant, visually appealing content and analyzing insights and trends.
- Marketed and promoted new additions to business by leveraging social media accounts of 100k+ global followers, driving traffic to personal website and blog.
- Created and maintained a website, blog, and informative posts on social media to encourage and enlist active responsibility for personal and collective health and wellbeing, including mental health awareness, climate activism, environmental justice, and social justice.
- Conducted client assessments and implemented techniques to balance and harmonize mind, body and spirit.
- Promoted climate justice and stewardship in partnership with various organizations and companies through educational, social media posts and campaigns (Sierra Club, Kindhumans, ConsciousPlanet (#savesoil)).
- Connected various companies, organizations and individuals with audience and/or support to amplify and address pressing current events, social justice issues, health and mental wellness, and cultural needs and opportunities (Instagram, Crocs, Suja, Primal Kitchen).
- Volunteered for organizations with missions to improve lives of underserved communities and preserve the planet (i.e. Upcycle4Good, Dollar Donation Club).

EDUCATION

Marian University | Master of Arts: Teaching

Indianapolis, IN 2008-2010

- Corps Member, Teach For America, Indianapolis '08
- City Manager, Teach For America, Indianapolis '10
- Kindergarten Teacher- IPS, '08
- 5th Grade Humanities Teacher, KIPP: Indy, '09
- English Volunteer Teacher, Bahia Street, Salvador, Bahia, Brazil, Summer '09
- Receptionist, Nega Maluca Guesthouse, Bahia Brazil, Summer '09

Miami University | Bachelor of Arts:

Anthropology

Oxford, OH 2004-2008

- President, Lambda Mu Chapter, Alpha Kappa Alpha Sorority, Inc., '06
- Student Assistant to the Director of the Center for American and World Cultures
- Study Abroad, Salvador da Bahia Brazil, '07
- Delegate/Writer, Women as Global Leaders Conference, Dubai UAE, '08

Domestic Managing Director | Self-Employed

Multiple Locations | 06/2012-Current

- Established positive and nurturing environment to support family and child social and emotional growth, through empathic communication.
- Organized activities that enhance children's physical, emotional and social well-being.
- Facilitated children's homeschool education through hands on activities, academic lessons, and projects, differentiating for 3 levels of development.
- Traveled domestically and abroad with family/children for educational, fun adventures in diverse environments.
- Prepared delicious, balanced meals for family members to encourage healthy eating habits and total wellness.
- Studied and researched food allergies, food systems, and nutrition to understand environmental impacts, requirements and applications for family members with such conditions.
- Created and maintained schedules to establish cohesive and productive living environment.
- Researched multiple curricula and perspectives as part of educational planning, evaluating classical, student-lead, and unschooling methodologies for best option.
- Created curriculum, themed units, long term plan and daily lesson plans.

TV Personality | Discovery Studios

Los Angeles, CA | 08/2017-05/2021

- Appeared in 3 seasons of TLC's Seeking Sister Wife.
- Supported production needs for set design, supplies, and wardrobe.
- Built personal social media following of over 75k global fans to expand visibility and reach of show.
- Co-hosted Shift Gets Real podcast, covering difficult topics.
- Attended interviews with media professionals, bloggers, and online personalities to promote show.
- Wrote and collaborated with directors, producers, and writing staff to determine optimal storyline and compel global audience.

Lead Facilitator/Program Coordinator | Open Connections

Newtown Square, PA | 09/2011-05/2012

- Pitched and built new programming strategies to boost student interests and diversify offerings.
- Lead staff of 20 in learning and implementation of new offerings.
- Fostered student curiosity and interest through creative hands-on activities.
- Built and maintained positive relationships with parents, young people and staff members to strengthen organization's culture
- Created lessons and curriculum to accommodate diverse learners.
- Developed and maintained supply lists for staff to easily find and access supplemental materials.
- Wrote educational articles for publication in Open Connections' magazine.