

Ashley Solomon

Dr. Solomon is a clinical psychologist, women's leadership coach, and the founder of Galia Collaborative, an organization designed to help women heal, grow, and lead.

As a nationally-recognized expert in women's mental health, Dr. Solomon is committed to breaking down barriers and elevating women's influence by supporting their mental well-being. She helps women grow their capacity and impact through individual and organizational engagements.



Expertise

Dr. Solomon is a sought-after speaker, trainer, and consultant. Harnessing the power of psychological science, mental health research, and organizational development, she offers insights and strategies in the following areas, among others.

- keys for leaders in creating psychological safety in an uncertain world
- tools for tending to our minds in troubling times
- supporting the mental needs of women and marginalized individuals
- building courageous communication among teams
- creating cultures of emotional wellness
- tackling imposter syndrome and building self-efficacy
- reducing stress and burnout for increased engagement

"Dr. Solomon was amazing – she offered content in such a clear and digestible way, and she was very relatable. She also went further than most people do on these concepts, which was great."

- President, Fortune 500 Company

Contact

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