

# Dr. Ashley Solomon

Dr. Ashley Solomon is a licensed clinical psychologist, speaker, writer, and the founder of Galia Collaborative, an organization elevating the impact of women through modern mental health. Dr. Solomon is a nationally-recognized expert for her clinical work and has been named a Healthcare Hero. She brings both the science and strategy to organizations through impactful speaking engagements and programming.



## Keynotes & Programs

Dr. Solomon is experienced in delivering meaningful keynotes and workshops in person and online. Harnessing the power of science, culture, and story, she leaves participants ready to take action.

- cultivating self-leadership for clarity, confidence, and courage
- keys to psychological safety in an uncertain world
- moving from overwhelm to action
- building courageous communication among teams
- creating cultures of emotional wellness
- tackling stress and burnout for increased engagement

*“Ashley is a wise, steady voice in a sea of confusion around mental health. With simple frameworks and accessible practices, she introduces her audiences to the power inherent in each of us to regulate our emotions, creating more peace within ourselves and easing our interactions with one another.”*

Cherylanne Skolnicki  
Founder & CEO, Brilliant Balance

*“Ashley excels in engaging in a way that is both approachable and impactful. Having collaborated with her on several corporate engagements, I have witnessed firsthand her exceptional ability to connect with diverse audiences. What sets Ashley apart is her depth of experience combined with an approachable demeanor and genuine passion for helping others.”*

Bre Bovara, MBA, CPWA  
Vice President, Fifth Third Bank

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# References

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## Feedback

*"Whenever I hear Ashley's voice I instantly feel calm and centered, I go to my breath. Her exceptional leadership skills, empathy, and dedication to fostering a supportive and inclusive environment inspire and empower our teams and groups."*

*"When we asked Ashley to create a workshop, I couldn't have imagined a better night than what she came up with! She made a room full of all types of women feel not only welcome but seen, heard, safe, and free to dig deeper into their own minds, as well as encouraged us to push beyond the day-to-day and consider a new perspective. Truly empowering!"*

*"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."*

*"She is truly one of a kind. Her presentation got me and other attendees reflecting. It also made me feel heard and seen, knowing others have the same concerns and hesitations as I do. I highly recommend having Ashley speak at your event or company. She was not only impactful, but very easy and pleasant to work with."*

*"Not only is Dr. Solomon very knowledgeable with the facts but she was incredibly engaging. She created a safe environment for conversation on sensitive topics and sparked the need for change and continuing conversations going forward. We are excited to work with her again."*