

HOLISTIC WELLNESS PIONEER | MENTAL HEALTH INNOVATOR | COMMUNITY HEALER



AmandaAshley
LIFE



BUILDING STRENGTH THROUGH RESILIENCE

Hey! I'm Dr. Amanda Ashley, a high vibrational holistic healer, licensed mental health professional in the state of Florida, author and speaker. I have always been passionate about helping the collective heal from the systematic injustices in our communities to build a more resilient mindset as we work toward healing our past and refocusing on current and future goals. I believe in a community focused collaborative approach to providing inspiration, life support tools, methods and resources to co-create a life that is whole, sustainable and impactful.

amandaashley.life

Dr. Amanda Ashley bridges ancient wisdom with modern technology through Lit Session Holistic Integrative Wellness, Inc., a 508(c)(1)(A) non-profit dedicated to making transformative healing accessible to all. As the founder of NLIGHTN Hemp, she offers a luxurious, all-natural line of hemp medicinal products designed to support holistic well-being.

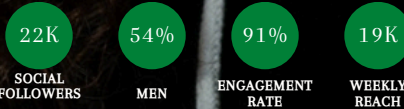
RECOGNITION & INNOVATION · Two-time Presidential Service Award recipient · Pioneer in VR therapy and plant medicine integration · Creator of community-centered healing spaces in Gainesville · Developer of technology-enhanced wellness programs

SPEAKING TOPICS · Bridging Ancient Wisdom with Modern Science · Community-Centered Approaches to Mental Health · Innovative Healing Through VR and Plant Medicine · Building Authentic Connections in a Digital Age · Mental Health Equity



Demographics & Statistics

25-44 83%
Men 54%
Algeria 2%
USA 93%



“Mental health is knowing yourself, finding peace within, and living true to who you are.”

For press and speaker opportunities:
Elle@TheElleCollective.com



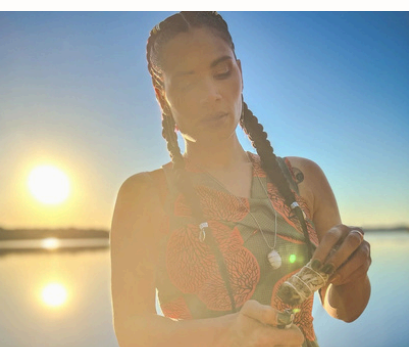
RECENT MEDIA COVERAGE

©CBS NEWS

[Gainesville community hosts 'call to action' to discuss gun violence](#)

alligator

[A Community in Mourning Demands More Black therapist](#)



REFINERY29

[Black Women's Mental Health Is Often Invalidated — & That Problem Starts At Home](#)



[Mental Health & Minorities on The Sisandra Show](#)



[Reflecting on the Rise of Mental Health Awareness and Self-care within the Black Community](#)

