



DISTRACTION DOESN'T JUST INTERRUPT YOUR DAY — IT INTERRUPTS YOUR DESTINY. IF YOUR ATTENTION IS SCATTERED, YOUR DREAMS STAY STALLED. WE LIVE IN THE MOST DISTRACTED ERA IN ALL HUMAN HISTORY! LET'S MOVE FROM:

DISTRACTIONS → *Clarity*

ASHLEY'S MOMENTUM FRAMEWORK IMPOWERS AUDIENCES TO PAUSE, REFLECT, AND REFOCUS ON THE ROAD AHEAD. WITH AUTHENTICITY AND HEART, SHE HELPS OTHERS TRADE DISTRACTION FOR DIRECTION — CULTIVATING COURAGE AND CLARITY IN THEIR JOURNEYS TOWARD HOPE AND PURPOSE.

"Ashley is a dynamic speaker. She delivers with clarity and conviction. When Ashley speaks she understands how to serve her audience. What stands out is how genuine and confident she is from her presentation. If you are looking to hire a speaker for your next event I highly recommend Ashley Rose Marcum." — Jesse Cruz

Leadership & Culture Expert | International Speaker | Speaking Coach |
4x Bestselling Author | Military Veteran



AWARD WINNING AUTHOR
7 MOTIVATIONAL BOOKS
PEN NAME -A SHY ROSE



COMPASSIONATE COURAGE 5 KEY STEPS TO CONFIDENTLY DREAM BOLDLY, LIVE BRAVELY

MOMENTUM FRAME WORK

- F.O.C.U.S. -

- FIND YOUR GOAL
- ORGANIZE YOUR PATH
- CULTIVATE HABITS AND TIME
- UNCLUTTER YOUR MIND AND SOUL
- STEP INTO DREAMING BOLDLY,
LIVING BRAVELY

"Ashley speaks to universal truths about the human condition in a positive, simple, and accessible manner. Everyone can relate to her message in their own life, which is the first step to positive change." — Dr. Leah Wasburn-Moses
Ph.D. Professor, Educational Psychology Miami University

HOLOGISTIC DEVELOPMENT & RESILIENCE COACH

- MIND: MENTAL GROWTH & RESILIENCE — NEURODIVERSITY, DYSLEXIA, SELF-HELP, EDUCATION
- BODY: STRENGTH AND STAMINA — DANCE, FITNESS, HEALTH, EMBODIED CONFIDENCE
- SPIRIT — FAITH, HEALING, EMPOWERMENT, PURPOSE



“MY HOPEFUL IMPACT IS TO IGNITE RISING LEADERS WITH COMPASSIONATE COURAGE; SO ALL MAY CONFIDENTLY DREAM BOLDLY AND LIVE BRAVELY.”

ASHLEY'S TALKS INVITE AUDIENCES TO PAUSE, REFLECT, AND REFOCUS ON THE ROAD AHEAD. WITH AUTHENTICITY AND HEART, SHE HELPS OTHERS TRADE DISTRACTION FOR DIRECTION — CULTIVATING COURAGE AND CLARITY IN THEIR JOURNEYS TOWARD HOPE AND PURPOSE.



AWARD WINNING AUTHOR
6 MOTIVATIONAL BOOKS
PEN NAME

Ashy Rose



COMPASSIONATE COURAGE 5 KEY STEPS TO CONFIDENTLY DREAM BOLDLY, LIVE BRAVELY

COMPASSIONATE COURAGE FRAME WORK

- IDENTIFY YOUR GOAL
- ESTABLISH YOUR PATH
- MANAGE YOUR TIME
- FIND FOCUS
- DREAM BOLDLY,
LIVE BRAVELY

AREA OF EXPERTISE :

~ DANCE	~ FAITH
~ FITNESS/HEALTH	~ RESILIENCE
~ DYSLEXIA	~ NEURODIVERSITY
~ HOMESCHOOL/SELF TAUGHT	
~ ADVERSITY	~ SELF-HELP
~ HEALING AND EMPOWERMENT	

Lets talk about:

**THE STATE OF
STUDENT
WELL-BEING
& FUTURE READINESS**



FEATURING ASHLEY ROSE MARCUM
SPEAKER • ARTISTIC DIRECTOR • AUTHOR

WHY SCHOOLS NEED MIND-BODY CONFIDENCE TRAINING NOW!

Deeper inside the
core of every human
is a longing deeper
than knowledge...
a longing
for purpose...
a longing
to connect...



THE PROBLEM: STUDENTS ARE OVERWHELMED, UNFOCUSED/DISTRACTED, AND UNDER PREPARED

1. Rising Mental Health Strain

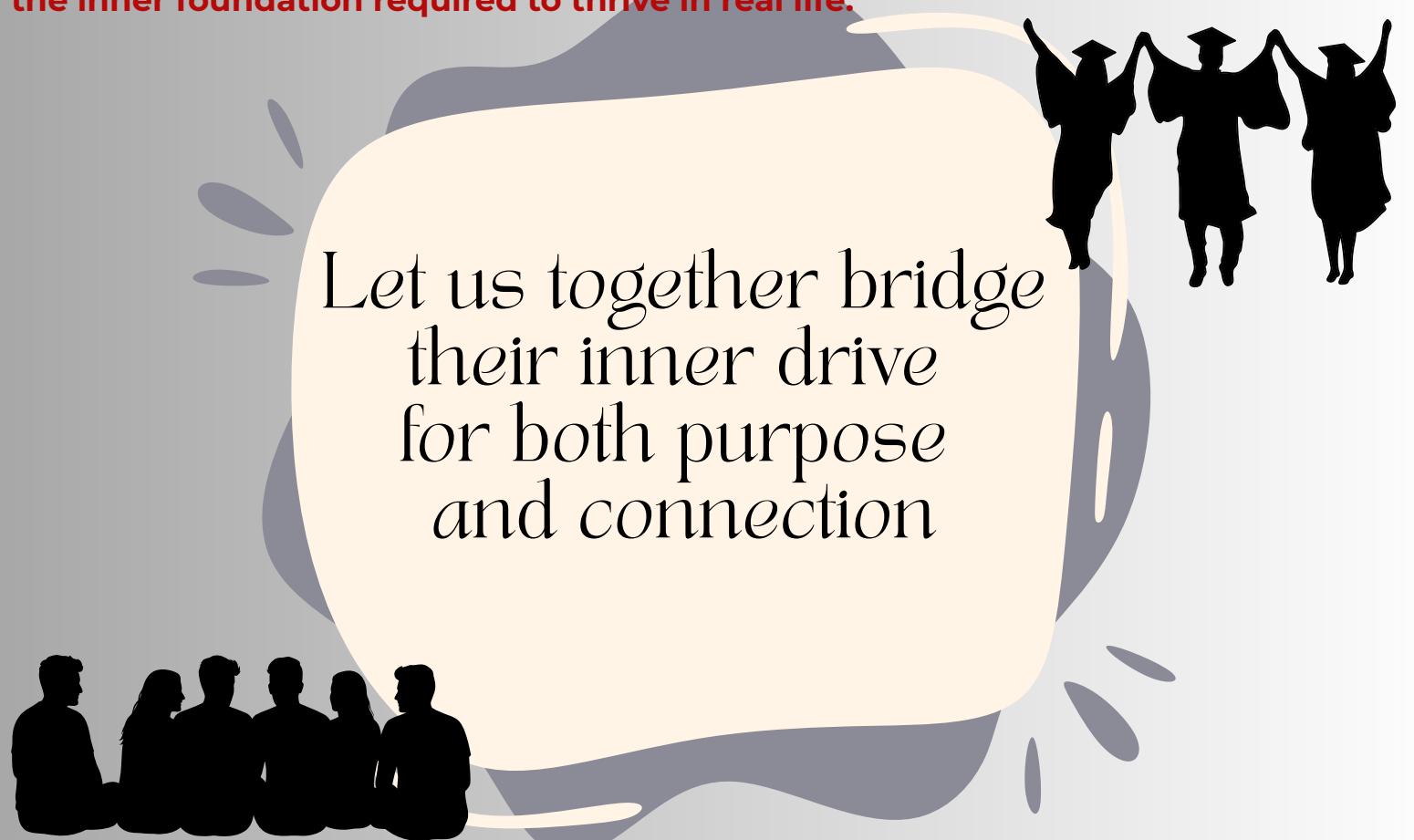
- 37% of U.S. college students report moderate to severe depression.
- 18% report severe depression.
- 11% have experienced suicidal ideation in the past year.
- Anxiety, burnout, and perfectionism continue to trend upward year over year.

2. Growing Unemployment After Graduation

- Recent bachelor's graduates face higher unemployment than the national average.
- Estimates range from 5.8% to 12.3%, depending on the age bracket and source.
- Employers report graduates are lacking confidence, clarity, and self-management skills — not just technical ability.

3. The Hidden Gap

Students know how to achieve academically... but not how to regulate themselves, manage pressure, adapt, or recover from setbacks. They often lack the inner foundation required to thrive in real life.



Let us together bridge
their inner drive
for both purpose
and connection



THE SOLUTION: MIND-BODY FOCUS, RESILIENCE, AND COMPASSIONATE CONFIDENCE

FOR 20+ YEARS, ASHLEY ROSE HAS TRAINED DANCERS OF ALL AGES IN THE DEEPEST SKILL MOST STUDENTS NEVER LEARN: HOW TO INTEGRATE BODY, MINDSET, EMOTION, AND PURPOSE INTO CONFIDENT, FOCUSED ACTION.

FOLLOW ASHLEY IN THIS KEYNOTE/WORKSHOP EXPERIENCE THAT BUILDS THE INTERNAL SKILLS STUDENTS ARE MISSING.

COMPASSIONATE COURAGE
5 KEY STEPS TO CONFIDENTLY
DREAM BOLDLY, LIVE BRAVELY

Teaches students how to:



STUDENTS WALK AWAY WITH ACTIONABLE TOOLS FOR MENTAL
HEALTH, MOTIVATION, AND PERSONAL LEADERSHIP

The quick walk through:

We are all beautifully different, we are all similarly stuck.

We must:

- 1) Identify our Goal** - personal, vocational, long or short term
- 2) Establish our path** - what steps do we need to start out, how do we equip for this journey
- 3) Manage our times and habits!**

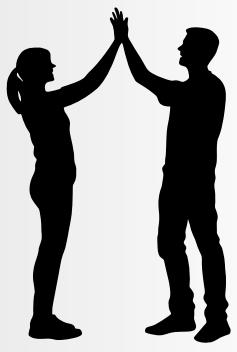
"People don't decide their futures. They decide their habits, and their habits decide their futures." - Fredrick Matthias Alexander

- 4) Find Focus** - combat cycles of negativity; grow in compassion towards self and others

Learn to spot, stop and
DEFEAT negative cycles

- 5) Then with confidence and courage**
Dream boldly and Live bravely!

THE BIG TAKE AWAY AND EXAMPLE:



By the end, students cultivate compassion for themselves and others, develop a grounded belief in their abilities, and gain the courage and boldness to pursue their dreams with resilience and heart.

Example:

I have had many dance students that have come to me timid and shy. They cautiously start class as I give them the warmest welcome I can. We gently proceed every week in learning dance. I try and see each student as an individual worthy of being seen and full of value for who they are. Often these timid students are very weary of performance day and finding the courage to be on stage in front of hundreds of people. 99% of the time I can accomplish helping them build enough courage to help them make that bold step. AND WHOA! What a reward they find in their blooming confidence! This moment in their life produces a monumental memory that grows their courage, and shows them that one small step at a time and every ounce of strength they grow inside and out, helps them overcome their negativity and limiting thoughts to realize -YES THEY CAN! It's not about ignoring our feelings, its the opposite, were we face them and learn how to channel them to be a strength and asset.

WHY EDUCATORS LOVE THIS PROGRAM

- ✓ Research-aligned with SEL, mental-health literacy, and whole-learner development
- ✓ Engaging, creative, movement-infused storytelling (no boring lectures)
 - ✓ Practical frameworks students can use immediately
- ✓ Warm, inclusive delivery — even accommodating neurodiverse learners
- ✓ Adaptable for assemblies, workshops, residencies, and leadership programs

New found freedom comes in feeding a deeper concept of focus.

Knowing that compassion for others and ourselves is the deepest root of success.

The strongest sung harmonies come from a solid tune of many.

- Ashley Rose Marcum

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-BOOKING INFO -

ASHLEY ROSE MARCUM

SPEAKER • ARTISTIC DIRECTOR • AWARD-WINNING AUTHOR

KEYNOTE: COMPASSIONATE COURAGE

WEBSITE: ASHYROSEAUTHOR.COM

EMAIL: ASHYROSEPUBLISHING@GMAIL.COM

PHONE: 513-255-6130





THE STATE OF STUDENT WELL-BEING & FUTURE READINESS

Why Schools Need Mind-Body Confidence Training Now

Featuring Ashley Rose Marcum — Speaker • Artistic Director • Author

THE PROBLEM: Students Are Overwhelmed, Unfocused/Distracted, and Under prepared

1. Rising Mental Health Strain

- 37% of U.S. college students report moderate to severe depression.
- 18% report severe depression.
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3. The Hidden Gap

Students know how to achieve academically... but not how to regulate themselves, manage pressure, adapt, or recover from setbacks. They often lack the inner foundation required to thrive in real life.

THE SOLUTION: Mind-Body Focus, Resilience, and Compassionate Confidence

A keynote/workshop experience that builds the internal skills students are missing.

For 20+ years, Ashley Rose has trained dancers in the deepest skill most students never learn:
how to integrate body, mindset, emotion, and purpose into confident, focused action.

Her signature keynote - **Compassionate Courage**

5 Key steps to Confidently

Dream Boldly Live Boldly -

teaches students how to:

- Refocus attention
- Interrupt overwhelm
- Strengthen inner resilience
- Build self-compassion
- Transform mistakes into momentum
- Develop courage and clarity for their next steps

Students walk away with actionable tools for mental health, motivation, and personal leadership.

WHY EDUCATORS LOVE THIS PROGRAM

- ✓ Research-aligned with SEL, mental-health literacy, and whole-learner development
 - ✓ Engaging, creative, movement-infused storytelling (no boring lectures)
 - ✓ Practical frameworks students can use immediately
 - ✓ Warm, inclusive delivery — even accommodating neurodiverse learners
 - ✓ Adaptable for assemblies, workshops, residencies, and leadership programs

BOOKING INFO - Ashley Rose Marcum

Speaker • Artistic Director • Award-Winning Author

Keynote: Compassionate Courage

Website: ashyroseauthor.com

Email: ashyrosepublishing@gmail.com

Phone: 513-255-6130

Lets talk about:



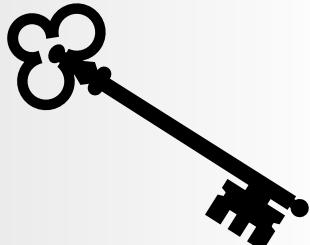
**THE STATE OF
OUR DISTRACTION AND
HOW WE CAN REGAIN
CLARITY AND MOMENTUM**



FEATURING
ASHLEY ROSE MARCUM
~ SPEAKER
• ARTISTIC DIRECTOR
• AUTHOR

**IN TODAY'S OVERLOADED WORLD, CLARITY,
COURAGE, AND CONFIDENCE AREN'T JUST
DESIRABLE – THEY'RE NECESSARY!
AND YET, WE'RE LIVING IN THE MOST DISTRACTED
ERA IN HUMAN HISTORY:**

MOMENTUM –



COMPASSIONATE COURAGE

5 KEY STEPS TOWARD
CONFIDENTLY DREAMING BOLDLY
AND LIVING BRAVELY



THE PROBLEM: ISN'T A PERSONAL FAILURE. IT'S A CULTURAL OVERLOAD.

- THE AVERAGE ADULT ATTENTION SPAN IS NOW JUST 8.25 SECONDS — SHORTER THAN A GOLDFISH.
- WE LOSE 28% OF OUR WORKDAY TO DISTRACTIONS, COSTING THE AVERAGE PERSON OVER 2 HOURS EVERY DAY.
- IT TAKES THE BRAIN 22 MINUTES AND 40 SECONDS TO REFOCUS AFTER A SINGLE INTERRUPTION.
- THE AVERAGE ADULT CHECKS THEIR PHONE 96 TIMES A DAY AND TOUCHES IT OVER 2,600 TIMES DAILY.
- 47% OF WAKING HOURS ARE SPENT THINKING ABOUT SOMETHING OTHER THAN WHAT WE'RE DOING.
- ADULTS ARE EXPOSED TO THE EQUIVALENT OF 34 GIGABYTES OF INFORMATION EVERY DAY — MORE THAN THE BRAIN CAN NATURALLY PROCESS.
- AND 70% OF ADULTS REPORT FEELING MENTALLY EXHAUSTED BEFORE LUNCHTIME.

**ASHLEY'S MOMENTUM FRAMEWORK IS DESIGNED TO HELP
ADULTS TRADE DISTRACTION FOR CLARITY, ANXIETY FOR
CONFIDENCE, AND STAGNATION FOR MEANINGFUL MOVEMENT
— THROUGH A COMPASSIONATE AND HOLISTIC FRAMEWORK
OF BODY, MIND, AND SOUL MOMENTUM.**

THE SOLUTION IN 5 KEY STEPS:

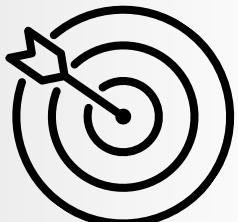
1) IDENTIFY YOUR GOAL — “AIM WITH COMPASSION”

IN A WORLD FULL OF NOISE, CLARITY BECOMES
AN ACT OF COURAGE.

PARTICIPANTS LEARN HOW TO:

- NAME WHAT THEY TRULY WANT
- SEPARATE INTERNAL DESIRES FROM EXTERNAL PRESSURE
- IDENTIFY THE EMOTIONAL BLOCKS THAT CLOUD DIRECTION

WHY IT MATTERS: NEUROSCIENCE SHOWS THAT NAMING A GOAL INCREASES FOLLOW-THROUGH BY UP TO 42%.



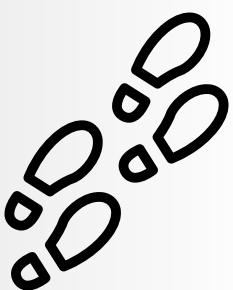
2) ESTABLISH YOUR PATH – “SMALL STEPS, BIG SHIFTS”

MOST ADULTS STRUGGLE NOT FROM LACK OF PASSION, BUT FROM LACK OF PLAN.

HERE WE BUILD:

- A SIMPLE ROADMAP
- “MICRO-MILESTONES”
- COMPASSIONATE CHECKPOINTS

WHY IT MATTERS: SMALL, CONSISTENT STEPS REDUCE OVERWHELM AND TRIGGER DOPAMINE REWARDS THAT REINFORCE MOMENTUM.



3) MANAGE TIME & HABITS — “RECLAIM YOUR ATTENTION”

DISTRACTION DOESN'T JUST WASTE TIME — IT
DRAINS COURAGE.

IN THIS SECTION PARTICIPANTS DISCOVER:

- HOW TO DESIGN ENVIRONMENTS THAT PROTECT FOCUS
- HOW HABIT LOOPS WORK
- PRACTICAL TOOLS TO REDUCE ATTENTION LEAKS

STAT TO DRIVE IT HOME: OVER-MULTITASKING LOWERS PRODUCTIVITY BY UP TO 40%, AND RAISES STRESS HORMONES BY 25%.



4) CLEAR INNER NEGATIVITY — “DECLUTTER THE MIND TO STRENGTHEN THE SOUL”

BITTERNESS, COMPARISON, UNFORGIVENESS, JEALOUSY, AND RESENTMENT QUIETLY SABOTAGE CONFIDENCE.

PARTICIPANTS LEARN TO:

- RECOGNIZE EMOTIONAL CLUTTER
- INTERRUPT SPIRALS
- REPLACE HARSH INNER DIALOGUE WITH STRENGTH-BUILDING COMPASSION

WHY IT MATTERS: EMOTIONAL CLUTTER IS ONE OF THE TOP PREDICTORS OF BURNOUT AND STAGNATION.



5) DREAM BOLDLY, LIVE BRAVELY — “CREATE SUSTAINABLE MOMENTUM”

WITH CLARITY, DIRECTION, HABITS, AND
EMOTIONAL GROUNDING IN PLACE,
PARTICIPANTS LEARN TO:

- CULTIVATE COURAGE
- DREAM WITHOUT SELF-DOUBT
- TAKE ALIGNED RISKS
- BUILD A LIFE OF PURPOSE — NOT PRESSURE

OUTCOME: ADULTS WALK AWAY WITH A
GROUNDED CONFIDENCE ROOTED IN
COMPASSION, NOT PERFECTION.



What participants gain::

BY THE END, THEY EXPERIENCE:

- **A GENTLER RELATIONSHIP WITH THEMSELVES**
- **A CLEARER, STRONGER SENSE OF DIRECTION**
- **IMPROVED FOCUS AND ATTENTION**
- **EMOTIONAL PEACE AND RESILIENCE**
- **PRACTICAL SKILLS TO MAINTAIN MOMENTUM**
- **RENEWED BELIEF IN THEIR CAPABILITIES**
- **COMPASSION TOWARD THEMSELVES AND OTHERS**

IN SHORT:

**THEY REGAIN CONTROL OF THEIR ATTENTION,
STRENGTHEN THEIR EMOTIONAL CORE, AND FINALLY
FEEL EQUIPPED TO PURSUE THEIR BOLDEST DREAMS.**

CALL TO ACTION



IF YOUR ORGANIZATION, ADULT LEARNING PROGRAM, COMMUNITY GROUP, OR WORKPLACE IS READY TO HELP PEOPLE BREAK FREE FROM DISTRACTION CULTURE AND STEP INTO CLARITY, COURAGE, AND CONFIDENT MOMENTUM...

I'D LOVE TO BRING THIS EXPERIENCE TO YOUR PEOPLE. LET'S TRADE OVERWHELM FOR PURPOSE — AND HELP ADULTS RECLAIM THE BRAVE, FOCUSED, MEANINGFUL LIFE THEY'RE MEANT TO LIVE.

WHY PEOPLE LOVE THIS PROGRAM

"ASHLEY SPEAKS TO UNIVERSAL TRUTHS ABOUT THE HUMAN CONDITION IN A POSITIVE, SIMPLE, AND ACCESSIBLE MANNER. EVERYONE CAN RELATE TO HER MESSAGE IN THEIR OWN LIFE, WHICH IS THE FIRST STEP TO POSITIVE CHANGE."

- DR. LEAH WASBURN-MOSES
PH.D. PROFESSOR, EDUCATIONAL PSYCHOLOGY MIAMI UNIVERSITY

"CURRENTLY, SELF-IMPROVEMENT TALKS FOCUS ON PERFORMING A LIST OF PRACTICES. BUT THIS KEYNOTE IS A WONDERFUL MAVERICK. IT FOCUSES ON CLEANING THE CONSCIENCE. WITHOUT GUILT OR JEALOUSY CLOUDING THE MIND, ONE IS FREE TO MENTALLY FOLLOW THE DREAM ONE HOLDS IN THEIR HEART. AN HONEST CONCEPT - EXCITINGLY PRESENTED."

-MURIEL CANFIELD
(AWARD WINNING AUTHOR)



NEW FOUND FREEDOM COMES IN FEEDING A
DEEPER CONCEPT OF FOCUS.

KNOWING THAT COMPASSION FOR OTHERS
AND OURSELVES IS THE DEEPEST ROOT OF
SUCCESS.

THE STRONGEST SUNG HARMONIES COME
FROM A SOLID TUNE OF MANY.

- Ashley Rose Marcum

”

-BOOKING INFO -

ASHLEY ROSE MARCUM
SPEAKER • ARTISTIC DIRECTOR • AWARD-WINNING AUTHOR
KEYNOTE: MOMENTUM - COMPASSIONATE COURAGE

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The quick walk through:

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We must:

- 1) Identify our Goal** - personal, vocational, long or short term
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"People don't decide their futures. They decide their habits, and their habits decide their futures." - Fredrick Matthias Alexander

- 4) Find Focus** - combat cycles of negativity; grow in compassion towards self and others

Learn to spot, stop and
DEFEAT negative cycles

- 5) Then with confidence and courage**
Dream boldly and Live bravely!

MEET MOTIVATIONAL SPEAKER-

Ashley Marcum



ASHLEY EXPERIENCE INCLUDES OVER 20 YEARS OWNING -FLOWING GRACE SCHOOL OF DANCE- TEACHING DANCE TO ALL AGES AND ALL ABILITIES. SHE HAS WORKED WITH OVER 1000 DANCERS AND CHOREOGRAPHED 1000+ DANCES IN 50 PRODUCTIONS. SHE STILL PERFORMS AS A DANCER, AS IT IS HER JOY AND PASSION. SHE IS ALSO A CERTIFIED PILATES INSTRUCTOR. THESE ADVENTURES HAVE FUELED HER DRIVE TO WANT TO HELP PEOPLE THRIVE. THUS IN FALL OF 2024 SHE BEGAN WRITING AND PUBLISHING BOOKS. SHE HAS ALSO WORKED WITH MANY INDIVIDUALS ON THE NEURODIVERSE SPECTRUM AND DESIRES FOR EVERYONE TO BE SEEN AND HEARD.

AT HOME ASHLEY LOVES NATURE AND HER LITTLE FARM. PIANO AND MUSIC ARE ANOTHER PURSUIT OF HERS. SHE SHARES LIFE WITH HER 6 AMAZING MOSTLY GROWN CHILDREN.

HER HEART YEARNs TO DIVE INTO FURTHER POSSIBILITIES, NOT JUST FOR HERSELF, BUT FOR YOU SHE "RUNS" HARD! A CALLING TO CONTRIBUTE AND MAKE A POSITIVE IMPACT WHERE-EVER THE DOORS OPEN

-
ALL FROM THE GRACE AND STRENGTH SHE RECEIVES FROM HER LOVING SAVIOR, JESUS AND LORD.

CHECK OUT MORE AT: ASHYROSEAUTHOR.COM



To Book Speaking Engagement - Email:
ashyrosepublishing@gmail.com ashyroseauthor.com





Learn how to love networking



WITH
Kimberly
Nguyen

The
Details

//

Thursday 15 Nov 2035
5:30 - 8:30pm
123 Anywhere St., Any City, ST 12345

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