



Ashley Rose Marcum

ARTIST, AUTHOR AND SPEAKER

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

"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



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

### HOLISTIC 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

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Ashley Rose Marcum  
ARTIST, AUTHOR AND SPEAKER

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

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## COMPASSIONATE COURAGE

5 KEY STEPS TO CONFIDENTLY  
DREAM BOLDLY, LIVE BRAVELY



AWARD WINNING AUTHOR  
6 MOTIVATIONAL BOOKS  
PEN NAME

*Ashley Rose*



### COMPASSIONATE COURAGE FRAME WORK

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

### AREA OF EXPERTISE :

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

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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:

**REFOCUS ATTENTION**

**DEVELOP COURAGE AND  
CLARITY FOR NEXT STEPS**

**INTERRUPT OVERWHELM**

**STRENGTHEN INNER RESILIENCE**

**BUILD COMPASSION**

**TRANSFORM MISTAKES INTO  
MOMENTUM**

**LEARN WHAT TO HOLD ON TO AND WHAT TO LET GO**

**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

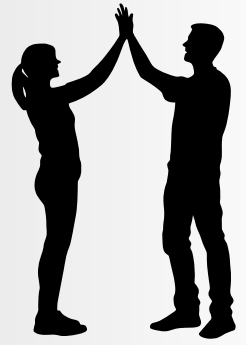
- 4) **Find Focus** - combat cycles of negativity; grow in compassion towards self and others

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*

———— ” ————

**-BOOKING INFO -**

**ASHLEY ROSE MARCUM**

**SPEAKER • ARTISTIC DIRECTOR • AWARD-WINNING AUTHOR**

**KEYNOTE: COMPASSIONATE COURAGE**

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**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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- 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.

**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.

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BOOKING INFO - Ashley Rose Marcum

Speaker • Artistic Director • Award-Winning Author

Keynote: Compassionate Courage

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Lets talk about:



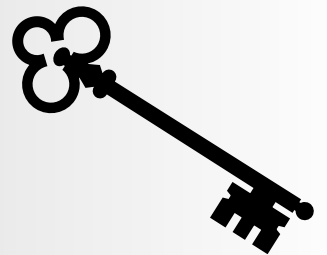
**THE STATE OF  
OUR DISTRACTION AND  
HOW WE CAN REGAIN  
CLARITY AND MOMENTUM**



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%.



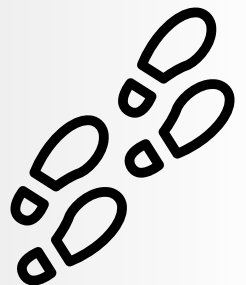
## **2) ESTABLISH YOUR PATH — “SMALL STEPS, BIG SHIFTS”**

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*

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**-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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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](http://ASHYROSEAUTHOR.COM)



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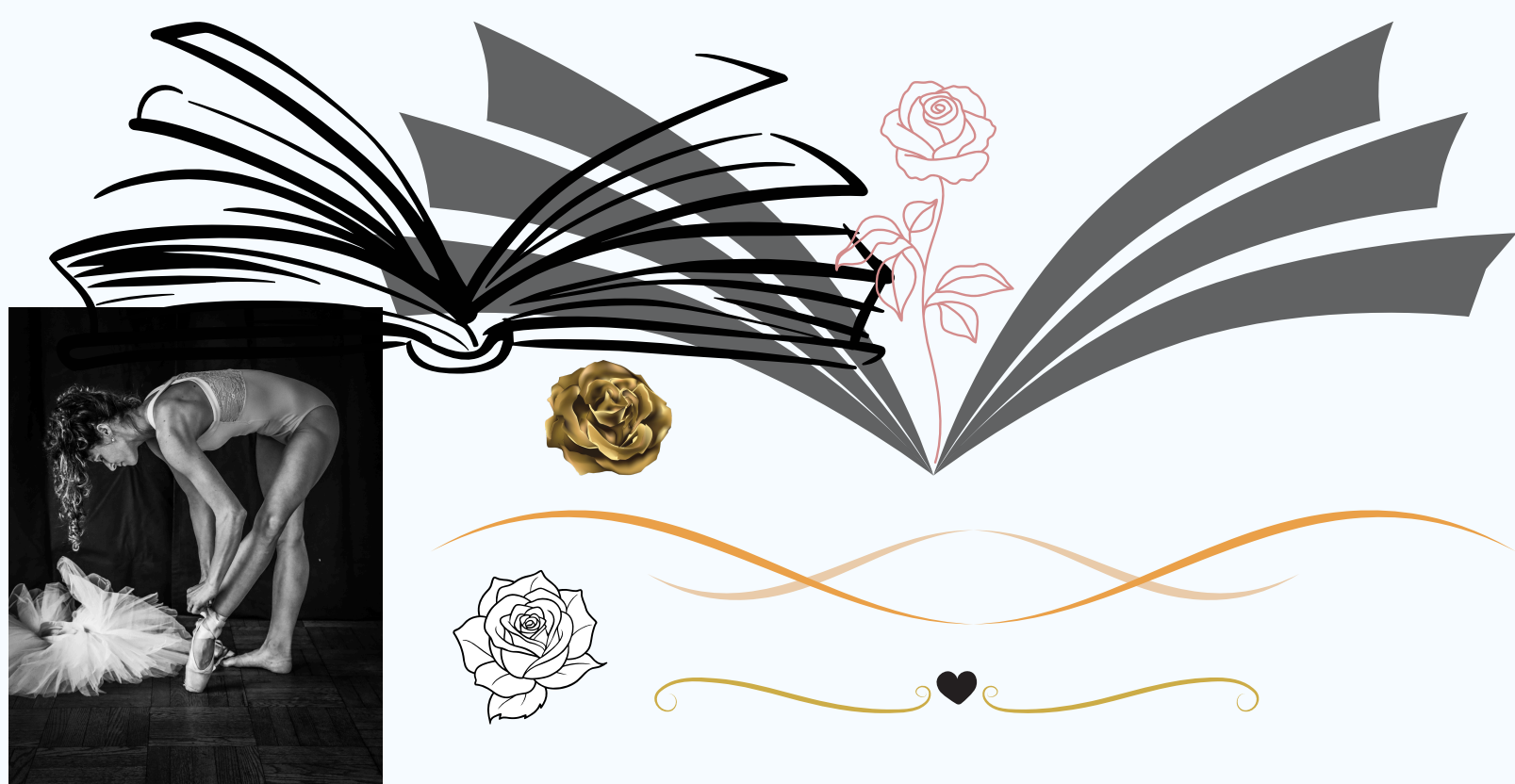
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