



# ashley dominique

## HOLISTIC WELLNESS GUIDE

 708-465-3423

 ashley@EatThriftLove.com

 Chicago, Illinois

### about me

mindfulness coach, creative minimalist & mental health advocate that is dedicated to guiding others on a personal development journey to wellness | applies expertise in IT consulting & client engagement to passion for wellness & spiritual leadership.

### brand portfolio

Hilton Brand	Moksha Yoga Center
Ulta Beauty	Mondelez International
Athleta	Honest Tea Brand
Black Girl in Om	CHOOSE Chicago
Black Minimalists	Avaya + CDW Corporations

### education

TRUMAN STATE UNIVERSITY  
2006-2011

BA IN COMMUNICATIONS

### experience

- **EatThriftLove**  
-CREATOR + VISIONARY DIRECTOR
- **ChiroOne Wellness Centers**  
-CLIENT ENGAGEMENT LEAD
- **Health is Wealth Lifestyle**  
-CHICAGO COLLECTIVE TEAM LEAD
- **LINK Unlimited Scholars**  
-HOST OF WELLNESS WORKSHOPS
- **Muchin College Prep**  
-MENTOR FOR ENRICHMENT PROGRAM
- **TooFlyFundraiser**  
-BRAND PARTNER + FUNDRAISER

### masteries

- **coaching:** mindfulness + minimalism
- **influencing:** beauty + wellness
- **speaking:** workshops + cultural activation
- **content:** writing + editing + producing
- **events:** hosting + facilitating + moderating
- **design:** curriculum + web content



@addicted2ashleyxo

www.EatThriftLove.com



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