

# DR. ASHA FIELDS BREWER

FAITH // WELLNESS // COLLEGE SUCCESS // WOMEN'S EMPOWERMENT

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**"DR. ASHA"**

**CREATOR OF HEALTHY CONVERSATIONS**

*Author, Speaker, Educator, Radio Personality, Mentor*

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## EXPERTISE

- + Creating "A-HA!" Moments
  - + Delivering Inspiring Keynote Addresses
  - + Energizing Busy and Overwhelmed Individuals and Organizations
  - + Facilitating Engaging Workshops
  - + Writing Content that Informs and Empowers
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## STRENGTHS (GALLUP)

- + Achiever
- + Focus
- + Futuristic
- + Individualization
- + Learner

## EXPERIENCE

### **THE TEMPLE FIT COMPANY, LLC (DBA TEMPLE FIT CO.)**

CEO AND CONSULTANT, 2011-PRESENT

[www.templefit.co](http://www.templefit.co) + [www.templefithealth.org](http://www.templefithealth.org)

Founded Temple Fit Co., a wellness services and education agency that "takes care of the busy and overwhelmed." Used a multi-dimensional approach to design wellness support services and programs for stressed, busy, and overwhelmed individuals and organizations. Created visionary objectives and oversaw internship opportunities for the nonprofit entity, Temple Fit Health, Inc., which provides faith-based wellness training and education curriculum for churches and communities.

### **TALLAHASSEE COMMUNITY COLLEGE**

ADJUNCT FACULTY-DYNAMICS OF LEADERSHIP COURSE AND COLLEGE SUCCESS COURSE, 2018

Designed and implemented a 16-week curriculum to engage college students in discussions regarding stress management, leadership, team dynamics, financial responsibility, purpose exploration, digital literacy, 5 Languages of Appreciation, 6 Dimensions of Wellness, Gallup StrengthsQuest, Myers-Briggs Personality Type Indicators (MBTI), growth mindset, conflict resolution, motivation, critical thinking, and other topics relevant to academic and professional success. Created strategic campus and community partnerships to provide meaningful experiences outside of the classroom setting.

### **FLORIDA STATE UNIVERSITY, CENTER FOR ACADEMIC RETENTION AND ENHANCEMENT**

DIRECTOR, STUDENT SUPPORT SERVICES-STEM, 2016-2017  
ASSISTANT DIRECTOR, TUTORIAL LAB, 2014-2016

Managed a \$1.1 million federal grant to provide challenging and engaging programs and services to support and improve retention of first-generation undergraduate students studying science, technology, engineering, and math (STEM). Trained and co-supervised over 200 interns, student leaders, student employees, and volunteers.

## 2-DR. ASHA FIELDS BREWER

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### CERTIFICATIONS AND TRAININGS

- + College Advising
- + College Life Coaching
- + Event Management
- + Healthy Lifestyle Coaching
- + Licensed Chiropractor
- + Mentoring
- + Performance Enhancement Specialist (NASM)
- + Physiotherapy (Board Certified)
- + Public and Professional Speaking

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### PROFESSIONAL AFFILIATIONS

- + Big Bend Minority Chamber of Commerce
- + Christian Chiropractors Association
- + Delta Sigma Theta Sorority, Inc.
- + Florida State University Alumni Association
- + Florida State University Black Alumni Association
- + National Wellness Institute
- + Parker University Alumni Association
- + Toastmasters International

### WELLNESS SPORT & SPINE

ASSOCIATE CHIROPRACTIC PHYSICIAN, 2012-2014  
Helped establish operations, public relations, and marketing efforts for the integration of chiropractic and massage services into the Florida State University (FSU) Department of University Health Services. Administered caring, quality clinical services.

### YMCA OF METROPOLITAN DALLAS

HEALTHY LIFESTYLES COACH, 2011-2012  
Designed and implemented a health and wellness education curriculum in partnership with the National Latino Children's Network.

### EDUCATION

#### FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL

GRADUATE CERTIFICATE-EVENT MANAGEMENT, 2016

Relevant coursework included risk management, project management, sponsorship management and strategic partnerships, and event management. Undertook elective coursework in medical sociology.

#### PARKER UNIVERSITY, DALLAS, TX

DOCTOR OF CHIROPRACTIC, 2011

Relevant coursework included public health, wellness concepts, health and wellness communication, clinical psychology, clinical nutrition, and pharmacology/toxicology.

#### FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL

B.S. EXERCISE SCIENCE-KINESIOLOGY, 2008

Earned the Honors Medallion. Relevant contributions included Burning Spear, Inc. Leadership Organization (External Vice President); Delta Sigma Theta Sorority, Inc.-Kappa Epsilon Chapter (Chaplain, Projects and Programs Chair); First Year Experience Course (Teaching Assistant); Garnet and Gold Leadership Honor Society (Vice President of Finance); Homecoming Queen; Kappa Omicron Nu Human Sciences Honors Organization; National Pan-Hellenic Council (President); Mentoring Multicultural Students for Health Professions (MEMS); and Seminole Torchbearers Leadership Inductee.

### PUBLICATIONS

- + *Eat, Drink, Do: 3 Basic Principles for Health by the Bible* (Author)

### 3-DR. ASHA FIELDS BREWER

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#### BOOKING CONTACT

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#### TESTIMONIALS

+ *Dr. Asha is a powerful and transformational speaker! She empowers and challenges her audience in a way that positively resonates long after.* -Kiesha Moodie, Teach for America

+ *[Dr. Asha's] book has changed my life!! It has such wisdom and insight on being my best self!!-* Gina Wilson, Leon County School District

+ *[T]his year was the best retreat yet!! I definitely feel the day's success was primarily due to the high level of energy you brought to the group and your amazing ability to engage the group.* -Dr. Angela Coleman, Florida Agricultural & Mechanical University

+ *I feel like I can take on the world...* -2015 Temple Fit Wellness Conference Participant

+ *Dr. Asha provided a whirlwind of wellness inspiration. Her words were profound and practical. She carries a special grace to connect at the deepest parts of your core. I enjoy her jubilant outlook on life! Definitely a breath of fresh air to all who come near.* -Kristie Kennedy Ward, Queenfidence Image Consulting

+ *Tallahassee Democrat Newspaper* (Contributor)

+ *Tallahassee Woman Magazine* (Contributor)

More inclusive list available at: [www.doctorasha.com/portfolio](http://www.doctorasha.com/portfolio).

#### SELECT SPEAKING AND PRESENTATIONS

+ **Council for Opportunity in Education (COE)** (National Conference Presenter)

+ **Florida Agricultural & Mechanical University (FAMU)** (Directors' Retreat Facilitator, Wellness Workshop Coordinator)

+ **Florida State University (FSU)** (Life Coaching Conference Keynote Address, Mentoring Institute Presenter, College Success Conference Presenter, College of Medicine Summer Institute Instructor, Wellness Workshop Presenter)

+ **National Academic and Advising Association (NACADA)** (National Conference Presenter)

+ **Student Affairs Administrators in Higher Education (NASPA & ACUI)** (National Women's Leadership Institute Presenter)

+ *Tallahassee Woman Magazine* (Women on Fire Luncheon Keynote Address, Women Who Mean Business Conference Presenter, Contributing Writer)

+ **"Temple Fit with Dr. Asha" Radio Show (Heaven 98.3 FM)** (Radio Personality, Creator, Writer)

More inclusive list of appearances is available at:

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Conversations available for booking listed at:

[www.doctorasha.com/speaking](http://www.doctorasha.com/speaking).

#### COMMUNITY LEADERSHIP AND INVOLVEMENT

+ **Boys' Choir of Tallahassee, Inc.** (Board of Directors)

+ **Delta Sigma Theta Sorority, Inc.-Tallahassee Alumnae Chapter** (Physical & Mental Health Committee Co-Chair, Alumnae Collegiate Exchange Committee, Annual Family Fitness Day Event Coordinator, General Volunteer)

+ **Energize Church** (General Volunteer)

+ **Florida State University** (Black Student Union Leadership Retreat Facilitator, Campus Recreation Board Advisor, Healthy Campus 2020 Committee, Greek Leadership Summit Facilitator, LeaderShape Cluster Leader, Love Your Body Day Event Coordinator)

## 4-DR. ASHA FIELDS BREWER

- + **Life Changers COGIC** (Collegiate Department Advisor, Health Department Director, First Response Chair, General Volunteer)
- + **Toastmasters International- Garnet and Gold Chapter** (Vice President of Membership, Leadership Institute Delegate)

## HONORS AND RECOGNITIONS

- + **FSU Advisor of the Year Award**, Division of Student Affairs, 2017 (Faculty/Staff)
- + **FSU Dr. Martin Luther King, Jr. Distinguished Service Award Nominee**, Division of Student Affairs, 2017 (Faculty/Staff)
- + **FSU Student Mentor Award Nominee**, Division of Student Affairs, 2015 (Faculty/Staff)
- + **Delta Sigma Theta Sorority, Inc., Philanthropy Award**, Kappa Epsilon Chapter, 40th Anniversary Recognition, 2013 (Alumnus)
- + **FSU Greek Hall of Fame**, 2009 (Alumnus)
- + **FSU Senior Hall of Fame**, 2008 (Student)
- + **FSU Homecoming Queen**, 2007 (Student)