

DR. ASHA FIELDS BREWER

COLLEGE SUCCESS | FAITH | WELLNESS | WOMEN'S EMPOWERMENT

Phone: 972-850-6940 + Email: hello@doctorasha.com

Website: www.doctorasha.com + Instagram: [@doctorasha](https://www.instagram.com/doctorasha)



DR. ASHA

"CREATOR OF HEALTHY CONVERSATIONS"

Published Author, National Speaker, Educator, Radio Host

EXPERIENCE

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

CEO/DIRECTOR; EDUCATION & WELLNESS CONSULTANT
2011-PRESENT

www.templefit.co

Founded Temple Fit Co. as a wellness education and events agency that "teaches busy students and professionals how to 'Stress Less & Achieve More™'". Uses a multi-dimensional approach to design curricula; recruit and train 35+ Temple Fit Co. Faculty; support learning outcomes and/or grant objectives of clients; and execute programs that foster retention, persistence, and success. Partners with regional universities to provide experiential learning for 20+ first-generation and minority college students. 2021: Hosted 126 programs in both the face-to-face and online modalities, serving 5,735 participants.

TEMPLE FIT HEALTH, INC. 501 (C)(3)

FOUNDER/DIRECTOR; HEALTH PROMOTION & EDUCATION
2017-PRESENT

www.templefithealth.org

Targets Communities of Faith and Communities of Color within the North Florida Region, with a global virtual reach, to educate, equip, and empower populations impacted by disproportionate health disparities and outcomes. Partners with community organizations to host culturally responsive educational programs that minimize the effects of the social determinants of health through education on physical, spiritual, mental and emotional, intellectual, social, and career and financial well-being. 2021: Hosted 50 programs in both the face-to-face and virtual modalities, serving 1,354 participants.

TALLAHASSEE COMMUNITY COLLEGE

ADJUNCT FACULTY-DYNAMICS OF LEADERSHIP COURSE
ADJUNCT FACULTY-COLLEGE SUCCESS COURSE
2018-PRESENT

Maximizes student learning with a "High-Impact Practice" course design. Creates a 16-week curricula, utilizing both the online and

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

STRENGTHS (GALLUP)

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

2-DR. ASHA FIELDS BREWER

CERTIFICATIONS AND TRAININGS

- + Academy of Teaching, Learning, and Success (ATLAS-TCC)
- + College Advising
- + College Life Coaching
- + Event Management
- + Healthy Lifestyle Coaching
- + Licensed Chiropractor
- + Mentoring
- + Performance Enhancement Specialist (NASM)
- + Physiotherapy (Board Certified)
- + Public and Professional Speaking
- + 200-HR Yoga Instructor
- + Volunteer Management

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

face-to-face modalities, 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, self-assessment, divert, inclusion, and other topics relevant to academic and professional success. Maximizes online teaching software such as Canvas, Zoom, and Google Workspace to empower the learning experience. *2021: 85% Student Success Rate-surpassing institutional goal by 5%; 5/5 Faculty Evaluation-highest marks in all areas evaluated.*

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.

CONSULTANT

FLORIDA AGRICULTURAL & MECHANICAL UNIVERSITY (FAMU)

EDUCATIONAL & WELLNESS CONSULTANT, 2017-PRESENT
Designs curricula for the FAMU Developmental Research School (K-8th grade, faculty/staff, and parents), FAMU Trio Programs (Veterans Upward Bound, Upward Bound), and FAMU Division Of Student Affairs (faculty/staff). Coordinates 35+ Temple Fit Faculty and Interns to provide nearly 300 workshops that train students and faculty/staff on the two types of stress, the Six Dimensions of Wellness, and best practices for persistence, retention, well-being, and success. *Services impact approximately 100 students each year.*

FLORIDA STATE UNIVERSITY (FSU)

EDUCATIONAL & WELLNESS CONSULTANT, 2017-PRESENT
Designs curricula for the FSU College of Medicine (Summer Institute, high school and medical school students), FSU Center

3-DR. ASHA FIELDS BREWER

BOOKING CONTACT

T 972-850-6940

E hello@doctorasha.com

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

for Academic Retention and Enhancement (CARE, first-generation college students), and FSU TRiO Programs (Student Support Services-STEM and Student Support Services-SCOPE, college students and faculty/staff). Coordinates 35+ Temple Fit Faculty and Interns to provide workshops each academic year, training students and faculty/staff on the two types of stress, the Six Dimensions of Wellness, and best practices for persistence, retention, well-being, and success. *Services impact approximately 400 students each year.*

EDUCATION

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

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.

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

+ *Exhale: Women's Affirmation Journal*, Author, Published 2021

BOOKING CONTACT

T 972-850-6940

E hello@doctorasha.com

+ *Overflow: Six Strategies to Beat Burnout & Reclaim Your Abundant Life*, Author,

4-DR. ASHA FIELDS BREWER

Published 2020

+ *Reflection: Women's*

Wellness Journal, Author, Published 2020 + *Eat, Drink, Do: 3 Basic Principles for Health by the Bible*, Author, Published 2016

+ *Capital Outlook Newspaper*, Monthly Contributing Writer

+ *Tallahassee Democrat Newspaper*, Contributing Writer

+ *Tallahassee Woman Magazine*, Contributing Writer

More presentations are available at:

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 Presenter

+ **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

+ **"Good Health for Busy People™" Podcast**, Creator, Host, Writer

+ **"Mental Health Matters with Dr. Anika Fields" Radio Show (Hallelujah 95.3 FM)**, Production Assistant

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

+ **National Wellness Institute (NWI)**, 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, Hallelujah 95.3 FM)**, Creator, Weekly Show Host, Writer

More presentations are available at:

www.doctorasha.com/portfolio.

Conversations available for booking listed at:

www.doctorasha.com/speaking.

COMMUNITY LEADERSHIP AND INVOLVEMENT

- + **Day of Dialogue on Minority Health, Inc. 501(c)(3)**, Vice Chair of the 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, Collegiate President of Intake, General Volunteer
- + **Florida State University**, Black Student Union Leadership Retreat Facilitator, Campus Recreation Board Advisor, Career Center Experiential Learning (Internship) Site Supervisor, Healthy Campus 2020 Committee, Greek Leadership Summit Facilitator, LeaderShape Cluster Leader, Love Your Body Day Event Coordinator
- + **New Mount Zion AME Church**, General Volunteer
- + **Toastmasters International- Garnet and Gold Chapter**, Vice President of Membership, Leadership Institute Delegate

HONORS AND RECOGNITIONS

- + **“African-American History Calendar,” Health & Wellness Honoree**, Tallahassee Community College, 2022
- + **“25 Women You Need to Know”**, *Tallahassee Democrat* newspaper, 2021
- + **Distinguished Leadership Awards, Finalist**, Leadership Tallahassee, 2019
- + **FSU Black Alumni Association, Alumni of the Year**, 2019
- + **Women Who Mean Business, Torchbearer Award**, *Tallahassee Woman Magazine*, 2019
- + **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)
- + **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)