

Ashley Strom: Daring to Learn Continuously

Ashley is a strong believer that life is abundant with opportunities to learn and develop yourself. She has taught First Year Experience courses for entering students and put her background in StrengthsQuest and Crucial Conversations to good use facilitating trainings for groups on and off campus.

Ashley is the Assistant Director for Student Organizations and Nontraditional Students at Minnesota State University Mankato, and thoroughly enjoys working in an environment where learning and growth is the norm. She advises and manages over 200 student organizations, assessing programming, and assisting officers as needed. Throughout the year, she also manages leadership programs for students.



Ashley earned her bachelor's in Communication Studies and master's in College Counseling from St. Cloud State University (SCSU) in Minnesota. Following her undergraduate career, she traveled to Seoul, South Korea for a year to teach English to 4-11 year olds. Upon her return she joined C.H. Robinson Company in MN, one of the world's largest third party freight logistics provider, where she served in various training roles before returning to school for her master's. During graduate work at SCSU, she was a Graduate Advisor and instructor for the Division of General Studies and Placement Testing where she advised and provided mentorship for first-year students and instructed sections of the College 150 Orientation class. Comments from those students include: "I really liked Ashley's teaching style. She relates with students," and "Ashley is a great teacher who never gave up on me." She also advised over 30 probation students on time management, study skills, and personal accountability issues to ensure individual academic success.

Her teaching philosophy developed after suffering a brain injury while in graduate school. An avid practitioner of meditation, Ashley encourages others to experience what it feels like to be fully present in body and mind. She believes her role as a facilitator and teacher, is to create an experience that gets people in touch with themselves and others in authentic, natural ways.



MORE ABOUT ASHLEY STROM ►

Ashley subscribes to the Rogerian or Person-Centered (Carl Rogers) Theory. She believes that we don't need a prescription for our lives; we simply need the experience and freedom to be exactly who and where we are at any given moment. She also follows Kolb's Experiential Learning Theory, which incorporates the whole human function into learning. Our learning is not transactional or instant. It's a process that unfolds over time.

Ashley's Favorite Topics:

- ★ Student Leadership Challenge
- ★ Conflict and Communication
- ★ The Emotional Intelligence (EQ) Advantage
- ★ Challenging Conversations without the Clutter
- ★ StrengthsFinder
- ★ Icebreakers & Teambuilding
- ★ Leading and Living Courageously
- ★ Affecting Social Change – A Leadership Skill
- ★ Life Transitions
- ★ Beginning College with Purpose – Setting Pertinent Goals

Ashley makes an impact through:

- ★ Student leader training
- ★ New student programs
- ★ Professional staff development
- ★ Retreats and conferences
- ★ Community and non-profit organizations
- ★ Businesses

Here's what others are saying about Ashley:

"Strong, dynamic, talented, fun and just right for today's market."
– *University of Oregon, Eugene*

"Extremely thought provoking."
– *StrengthsQuest training*

"You engage participants so naturally."
– *Crucial Conversations training*

"She is very charismatic, energetic and student focused."
– *St. Cloud State University, MN*

"We all gained a deeper understanding and appreciation of the strengths of others in the group and how to better communicate and work together. Further, we have put Ashley's training into action."
– *Minnesota State University Mankato*

**For more information about Ashley Strom,
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