 Ashley Murrell is a life coach and motivational speaker which led her to the blueprint for A.S.H. Consultants. She is dedicated to helping others succeed and believe in themselves above anything by being steadfast in all endeavors.

To display her passion for community involvement, empowerment and self-sufficiency, Ashley serves on the Young Professionals mentorship system resource group within Atrium Health, Big Sister Mentor for the Big Brother Big Sisters of Central Carolinas, and an active member of United Way’s Young Professionals of Central Carolinas.

Ashley’s love for coaching began at an early age when she began coaching little league basketball at the age of 19. It was not until she dove into the healthcare field that she realized that she can carry the coaching mentality with her into any field she worked. While working in the pharmaceutical industry she realized that patients needed to be coached as well. The patients needed to understand their medications and the outcomes the medications could provide if adhered to as prescribed. Ashley quickly noticed that this was not the biggest challenge in the healthcare industry. She realized that the biggest challenge is the affordability. Ashley developed a plan to coach patients on affordability of medications to help them sustain optimal health. This is what became the stake in the ground for her passion of eliminating disparities among the minority population. It is the lack of education on resources available that lead us into despair. The bible tells us that we are troubled on every side, yet not distressed; we are perplexed, but not in despair (2 Corinthians 4:8) We can move mountains motivating and empowering one another as we will be covered on all sides.

Ashley has worked tirelessly to research and develop a model to aid in disparities in Central Carolina. The Sister to Sister program will be a header and highlight of this effort. The Sister to Sister program will educate and empower young women to regain control. The woman is the most powerful human being in society and Sister to Sister will help the young women of Charlotte regain this confidence.