

# Ashley P. Cooper, M.Ed.

Program Designer, Facilitator, Consultant, Educator, Coach

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## EXPERIENCE

### Facilitator, Consultant, Program Designer, & Coach 2007-Present

With 25 years of experience, I bring a creative, relational, equity-centered, and trauma-informed approach to learning, leadership, and healing. For the past 15 years, I've worked full-time as a consultant, facilitator, educator, and coach—partnering with schools, nonprofits, foundations, municipalities, businesses, and grassroots initiatives. I currently lead trauma-informed self-regulation training and support in early childhood and elementary settings, partnering with educators, parents, therapists, and communities impacted by natural disasters. Below are selected clients and initiatives:

### Capacity Development and Learning Communities

#### The Power of Ease: Self-Regulation Training and Classroom Instruction Trainer, Facilitator, Co-Author, Consultant 2024-present

- Co-author curriculums with Teresa Posakony.
- Lead a 6-hour training in trauma-informed strategies and practices for educators, parents, and other supportive adults.
- Teach self-regulation skills in playful ways in school classrooms and family engagement settings.

#### Rockbrook Camp for Girls

##### Trainer 2023-present

- Staff training for skills in: community building, belonging in a diverse community, identity, navigating charged conversations, empathy.

#### Community Learning Process on Substance Use in 2 Rural Counties

##### Consultant, Facilitator, Researcher 2023-present

- Lead consultant for a 10-month community-guided learning process funded by 2 county municipalities. Designed to strengthen partnerships, deepen understanding of substance use in the region, and identify relevant interventions for Opioid Settlement Funds. Used Participatory Narrative Inquiry methodology. Subcontractor with WNC Health Network.
- Currently doing follow-up Sensemaking Session with Faith Leaders.

#### Leading Through Facilitation & Engagement Course: Instructor 2019

- Co-lead a graduate studies course at Lenoir Rhyne University. Designed to include 25 local community leaders from grassroots nonprofits to large institutions. Course provided learning and collaboration opportunities, self analysis, and direct facilitation skill development.

#### Mycelium School: Co-Founder & Program Director 2012 - 2016

- Mycelium was a nationally attended learning network and leadership development program for 18-68 years old; diverse by race, gender, sexual orientation, abilities, religion, and professions. We had up to 9 staff, partnered with 16 professional coaches, and over 50 workshop leaders.

## EDUCATION

### Masters of Education in Counseling

Focus: Child-Centered Play  
Therapy, Group Therapy,  
Transpersonal Counseling  
University of North Texas  
2003-2004

### Early Childhood

#### Credentials

Asheville-Buncombe  
Technical Community  
College  
2001

### Bachelor of Arts

#### Major in Sociology

University of Georgia  
1995 - 1999

## SKILLS

- \* Learning Program and Experience Design
- \* Self-Regulation Skills
- \* Facilitating Community-Guided Processes
- \* Collaboration and Team Dynamics
- \* Belonging & Racial Equity
- \* Group Facilitation
- \* Teaching and Training
- \* Project Management
- \* Coaching
- \* Curriculum Development
- \* Strategy & Systems Thinking

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## Equity and Belonging Trainings, Practice Groups, & Publications

### Workshops, Trainings, Equity Assessments & Coaching 2015 - 2023

Partnering with Black and Brown consultants to deliver racial equity and other equity-related workshops, trainings, equity assessments, practice groups, and coaching.

- Clients have included schools, county municipalities, healthcare clinics, universities, nonprofits, faith organizations, summer camps, foundations, and more.

### REGAL Learning Pods Publication & Pilot Program

#### Co-Author, Program Designer

2020 - 2021

- Coordination and co-development of research, writing, and piloting a community-centered approach to addressing racial equity in education during the pandemic (and beyond). In collaboration with Dr. Tiece Ruffin, Marta Alcala-Williams, Miranda Williams, Dr. Sam Kaplan, and other community leaders. Publication: *REGAL Relevant Education Grows All Learners: Bringing Out the Royalty in All Students, Centering Black Humanity.*

### Keep It Moving Coalition for Racial Equity and Building Bridges

#### Co-Organizer & White Caucus Co-Facilitator

2017 - 2022

- Facilitated and organized racial affinity groups for ongoing practice after initial trainings.

## Partnering with Philanthropists and Foundations

### Trust-Based Philanthropy

2023 - present

- Facilitating connections between donors and local leaders for trust-based giving that promote self-governance, financial decision-making autonomy with accountability, and creative and relevant innovations.

### Tzedek Social Justice Fund

2016 - 2022

- Fellow for Community-Led Grant-making (2021-2022)
- Staff consultation on collaboration, team dynamics, giving and receiving feedback (2018 - 2021)
- Workshops on: Facilitation and Collaborative Decision-Making (2017-18)
- Consulted with the founder to explore the role of funders in supporting diverse, grassroots, on-the-ground, social change work (2016)

### Forum for Theological Exploration (FTE)

2016 - 2019

- Co-designed and facilitated Facilitation Trainings specific to FTE's approach of facilitating small and large groups. (2017 - 2019)
- Articulated the *FTE Methodology* - Co-facilitated participatory processes and analyzed the organization's work in order to identify working metaphors, images, and design elements fundamental to implementing the mission. Partnered with Nadia Chaney. (2016 - 2017)

## PREVIOUS EDUCATION EXPERIENCE

### School Counselor and Social Emotional Educator

2005 - 2009

The Evergreen School  
Seattle, Washington

### Montessori Teaching Assistant

2003

Hilltop Montessori School  
Denton, Texas

### Early Childhood Teacher

2000 - 2002

Mountain Area Child and Family Center  
Asheville, North Carolina

## TRAININGS

- \* Power of Ease: Self-Regulation and Healing-Centered Practices Certified Trainer of Trainers 2024
- \* Creative Process Expressed through Clowning 2024
- \* Racial Equity Institute Phase 1, Phase 2, & Latine Challenges 2017 - 2023
- \* Art of Evaluation in Complexity 2019
- \* Facilitative Leadership for Social Change by Interaction Institute for Social Change 2016
- \* Theater of the Oppressed Facilitation Training 2015
- \* Art of Facilitation with an Equity Lens 2015