

Ashley McGirt



Ashley McGirt is a psychotherapist, international speaker, author, and CEO and founder of the worldwide wellness tour. Ashley is a Tedx speaker and has been featured in Forbes, Bravo, and other publications. Ashley currently works as a full-time hospice therapist and also owns and operates her own private practice. In her practice she focuses primarily on racial trauma, depression, and anxiety. Ashley strives to help others find happiness and healing within themselves through unpacking their baggage, resting, reflecting, and restoring themselves to be who they were intended to be on this earth.