

ASHA Speaking Engagement + Corporate Wellness Packet

Donna Lakes

Founder of ASHA – Ascension School of Healing Arts

Donna Lakes is a trauma-informed healing educator, speaker, Reiki Master Teacher, intuitive healer, and creator of the Ascension Healing modality. Through ASHA, Donna blends nervous system regulation, subconscious reprogramming, inner child healing, emotional release work, mindfulness, energy healing, trauma-informed practices, and personal transformation into grounded, accessible teachings for modern life.

Corporate & Community Speaking Topics

- Stress Release & Nervous System Reset
- Burnout Prevention & Recovery
- Emotional Resilience & Workplace Stress Management
- Sound Bath & Deep Relaxation
- Leadership Emotional Intelligence
- Team Co-Regulation & Communication
- Focus & Cognitive Performance Optimization
- Boundaries in the Workplace
- Anxiety & Mental Fatigue Support
- Positive Mindset & Productivity Workshops
- Managing Your Energy
- Grounding & Protection
- Inner Child Healing
- Subconscious Reprogramming
- Trauma-Informed Healing
- Forgiveness Healing
- Emotional Release & Breathwork
- Overcoming Anxiety & Depression

Professional Positioning & Educational Focus

Donna's workshops and speaking engagements are designed to bridge holistic wellness, nervous system science, mindfulness, emotional healing, and personal development. Her presentations are adaptable for colleges, wellness events, corporate wellness programs, healthcare environments, mental health initiatives, retreats, and community organizations. Her teaching style combines practical tools, experiential learning, emotional resilience techniques, mindfulness, and transformational education in a grounded and accessible way.

Short Speaker Bio

Donna Lakes is the founder of ASHA (Ascension School of Healing Arts), a mindfulness and healing school focused on nervous system regulation, subconscious reprogramming, trauma-informed healing, inner child work, emotional resilience, Reiki, intuitive development, and personal transformation. With over 25 years of teaching experience, Donna combines practical healing tools with grounded transformational education to support emotional wellness,

self-awareness, and empowerment.

Long Speaker Bio

Donna Lakes is the founder of ASHA (Ascension School of Healing Arts), where the science of the ancient arts meets modern emotional healing, nervous system regulation, subconscious reprogramming, trauma-informed care, and self-development. As a speaker, educator, Reiki Master Teacher, intuitive healer, and creator of the Ascension Healing modality, Donna has spent more than 25 years helping individuals reconnect to themselves through practical healing tools and transformational education. Her work integrates mindfulness, emotional release work, inner child healing, nervous system reset practices, subconscious belief dismantling and rewiring, Reiki, intuitive healing, sound healing, and personal empowerment techniques into one comprehensive approach. Donna teaches certification programs in Reiki, Intuitive Healing, Inner Child Healing, and Ascension Healing, while also offering workshops, retreats, corporate wellness programs, and speaking engagements focused on emotional resilience, self-awareness, stress reduction, trauma-informed healing, and conscious personal growth. Her mission is to help people come home to themselves, heal deeply, reclaim their power, and create healthier relationships with themselves and the world around them.

Suggested Event Formats

- Corporate Wellness Workshops
- Mental Health Awareness Events
- College & University Guest Speaking
- Community Wellness Events
- Retreat Facilitation
- Mindfulness & Emotional Wellness Training
- Team-Building Wellness Experiences
- Sound Healing & Nervous System Reset Sessions
- Women's Empowerment Events
- Healing & Self-Development Conferences

ASHA – Ascension School of Healing Arts

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