



TWO SUNS
CONSULTING

CONTACT

720-732-0720

Ashley.Schwader@twosunsconsulting.com

North Carolina

Montana

Nationally

EDUCATION

MASTER OF SCIENCE

Organizational Leadership

Specialization: Strategic Innovation
and Change Management

Colorado State University Global Campus
4/2018

BACHELOR OF SCIENCE

Health and Exercise Science

Concentration: Health Promotion
Colorado State University
12/2005

ASHLEY SCHWADER

PROFESSIONAL EXPERIENCE

OWNER AND CEO | TWO SUNS CONSULTING LLC

2/2020-present

I guide organizations and individuals who are going through transformative experiences.

At Two Suns we accelerate your mission to create positive change. We provide high quality business consulting while connecting purpose to the work. We empower individuals to live in alignment with their core values and authentic self.

www.twosunsconsulting.com

Consulting Highlights:

- Facilitation for small or large groups including community gatherings, board meetings, focus groups and organizational decision making at all management levels.
- Strategic and business planning to identify organizational priorities, develop goals, and create measurable outcomes.
- Organizational development including data collection, decision making rubrics, growth planning, market analysis, systems implementation, and strategy alignment.
- Professional development trainings and public speaking for further education to various nonprofits and businesses.
- Organizational transformation studies with informational reports to support leadership with future direction, strategy, change management, organizational structure and decision making.
- Informant interviews, surveys, and focus groups for quantitative and qualitative reporting to inform direction, culture, employee engagement and decisions about future planning and implementation.
- Leading and supporting adult learners, in a variety of settings, to achieve actionable outcomes and learning objectives.
- Life coaching to support the individual growth process for aligning with values and setting short- and long-term goals.
- Spiritual coaching to support the individual process for integrating spiritually more fully into everyday life.
- Organizational assessments to comprehensively analyze best practices related to organizational sustainability, successful programs and services, effective leadership, and financial stability.
- Organizational consulting for increased participation, program development, education and community engagement.
- Human resources support for best practices for process, procedures, staff evaluations, job descriptions, hiring, recruiting, culture support, and onboarding.
- Project management tracking for tasks, work assignments, timelines, programs, and outcomes.
- Market research for decision making, rebranding, policy and government engagement, business and strategic planning.



CERTIFICATIONS/RECOGNITIONS

Women Owned Small Business Certified (WOSB) from Small Business Association (SBA)

America's Service Commission (ASC)
Consultant and Member

North American Food Systems Network
Consultant

CSU Global Mission Scholarship
Recipient-2017

Larimer County 101 – Class of 2016

WellCoaches Trained 2013

AmeriCorps Alumni and Scholarship
Recipient – 2005

FEMA Certified Organizations Preparing
for Emergency Needs (OPEN)

FEMA Certified the Role of Voluntary
Organizations in Emergency Management

FEMA Certified Decision Making and
Problem Solving

FEMA Certified Leadership and Influence

Life Purpose Institute Certified Life Coach
(CLC)

Life Purpose Institute Certified Spiritual
Coach (CSC)

- Building community collaboration and partnerships with several organizations to support locally based program efforts.
- Interim and fractional leadership support as Executive Director and Chief Operating Officer.
- Leadership mentoring for guidance and development.
- Change management support including planning, input, communications, and tracking progress.

Chief Executive Officer Responsibilities:

- Oversee all day-to-day operations for Two Suns LLC including staff support, project management, human resources, communications, and budget.
- Drive business growth including managing sales pipeline, warm and cold lead generation, networking, sales meetings, marketing and outreach.
- Team building including task delegation, onboarding, 1099 agreements, and hiring process for multi-faceted projects.
- Responsible for contract negotiations, execution, and client relationships including expectations, consulting agreements, scope of work outlines, and partnership consensus.
- Maintain business registrations, regulations and certifications, Small Business Administration and US Federal Government's System for Award Management.

DIRECTOR OF YOUTH PROGRAMS | NO BARRIERS USA 01/2019-02/2020

- Drove and created a strategy and operational plan for the Youth Department including all existing and newly created youth programming such as expeditions, camp, and school initiatives.
- Acted as senior leader in the nonprofit organization to support vision, mission, overall day to day decisions regarding operations, and served as representative for youth facing work.
- Created and managed departmental budget of over two million dollars including approval of expense reports, monitoring of monthly profit and loss statements, and yearly budget planning.
- Executed on the development and piloting of new program initiatives including partnership development, funder relationships, and implementation of programming.
- Directed and managed department staff including Associate Directors, Program Managers and Coordinators.
- Evaluated and implemented new youth projects for potential including revenue, scalability, workload capacity, participant input, and risk.
- Worked cross departmentally with senior leadership to drive youth initiatives in partnership with marketing, development, finance, education, and other program delivery departments.
- Drove growth in participant numbers and revenue for all youth initiatives.



TWO SUNS CONSULTING

PUBLIC SPEAKING ENGAGEMENTS

North Carolina Center for Nonprofits |
Training Speaker for Members, 2025
Feedback Labs National Conference |
Breakout Speaker, Bozeman MT, 2025
National Service Commission Conference |
Breakout Speaker, Atlanta GA, 2025
Park County Community Foundation |
Breakout Speaker, Livingston MT, 2024
Montana Nonprofit Annual Conference |
Breakout Speaker, Helena MT, 2024
Montana Nonprofit Annual Conference |
Breakout Speaker, Missoula MT, 2023
One Valley Community Foundation |
Breakout Speaker, Bozeman MT, 2023
Montana Nonprofit Annual Conference |
Breakout Speaker, 2022
Women's Circle of Excellence Conference
Montana State University |
Breakout Speaker, Bozeman MT, 2022
One Valley Community Foundation |
Breakout Speaker, Bozeman MT, 2022
Healthy Schools Leadership Retreat |
Breakout Speaker, Keystone CO, 2018
Healthy Schools Leadership Retreat |
Keynote Speaker, CO Springs CO, 2017
Health Links Healthy Business Event |
Panel Speaker, Denver CO, 2016
Colorado Culture of Health Conference |
Breakout Speaker, Denver CO, 2016
**Colorado Representative for Advocacy of
the Reauthorization of The Child Nutrition
Act |** Washington DC 2016, Partnered with
PEW Charitable Trusts and FoodCorps, House
and Senate Colorado Representatives
**Colorado Department of Education and
Colorado Education Initiative |**
Regional Colorado Wellness Policy Trainings
2015-16
BizWest Health Care Alternative |
Panel Speaker, Loveland CO, 2016
**Colorado Public Health of Rockies
Conference |** Speaker, Vail CO, 2015
Healthy Schools Leadership Retreat |
Breakout Speaker, Denver CO, 2014 and Vail
CO 2015
**Kaiser Permanente Community Outreach
Event |** Panel Speaker, Loveland, CO 2015
Colorado State University Guest Lecturer |
Fort Collins, CO 2015-2017
PSD Wellness Workshop Trainer |
Fort Collins, CO 2013-2017

COLORADO HEALTHY SCHOOLS PROGRAM MANAGER | ALLIANCE FOR A HEALTHIER GENERATION 1/2018-01/2019

- Supported schools and districts in implementation and management of evidence based best practices related to school health and wellness.
- Identified school health environment needs in the State of Colorado and provide systems of support by brokering local, regional, and state resources.
- Provided high quality professional development trainings to school district representatives on work related to the Whole School, Whole Community, Whole Child model including the Alliance for a Healthier Generation Healthy Schools Program.
- Administered technical assistance and virtual support to over 50 schools annually for support in achieving their healthy school outcomes.
- Developed and maintained state and national relationships and partnerships to assist with positive outcomes related to childhood obesity, health, and school environments.
- Participated in statewide healthy school's coalitions including Healthy Schools Successful Students Leadership Council, Healthy Schools Successful Students Professional Development Work Group, and Healthy Schools Successful Students Technical Assistance Committee.
- Assisted with the creation and implementation of state-wide professional development events for districts and schools including the Colorado Healthy Schools Leadership Retreat and the Colorado Wellness Coordinator Trainings.
- Supported Every Student Succeeds Act work in the state of Colorado through Alliance for a Healthier Generations efforts to inform the importance of health and wellness in educational legislative efforts.
- Delivered grant objectives as outlined in partnership agreements with Kaiser Permanente.

DISTRICT WELLNESS MANAGER | Poudre School District 9/2012-1/2018

- Directed, developed, implemented, and evaluated student and employee wellness specific programs to meet Poudre School District's (PSD) wellness vision and the Center for Disease Controls Whole School, Whole Community, Whole Child model.
- Managed PSD Wellness department including staff, interns, budget, reporting, evaluations, and professional development.
- Led, managed, and pursued health and wellness-related grants and grant implementation efforts including applications, budgets, work plans, evaluations and grant requirements.
- Oversaw administration of all PSD health and wellness related data collection including Healthy Kids Colorado Survey and Smart Source.
- Directed PSD Employee Wellness program implementation including online portal, onsite flu shot clinics, health and biometric screenings, health assessments, challenges, and incentive program.



TWO SUNS CONSULTING

BOARD/VOLUNTEER WORK

Gallatin Gateway Nonprofit Youth Group- Board President 2021-2024
Quail Hollow Cooperative Day School - Board Director 2021
Big Green Fort Collins- Board Member 2016-2018
Healthy Schools Successful Students Leadership Council - District Representative 2018
Healthy Schools Success Students Professional Development Work Group- State Partner 2018
Healthy Schools Collective Impact Colorado Professional Development Council- District Selected Representative 2016-2018
Wellness Advisory Council for Schools for PSD - Chair 2012-2018
Employee Wellness Advisory Council for PSD - Chair 2012-2018
Partnership for Healthy Youth- Coalition Member 2012-2018
Larimer County Community Health Improvement Plan Committee "Raising Healthy Children"- Member 2012
Healthy Kids Colorado Survey State Advisory Council- Council Member 2013-2018
Larimer County Health District Compass Advisory Committee - Council Member 2013-2017
Colorado Business Group on Health Culture of Health Planning - Committee Member 2016-2017
Communities that Care Larimer County Community - Board Member 2016-2018
Be Ready Early Childhood Larimer County Campaign - Board Member 2016-2017
Wellington Parks Advisory Board - Board Member 2016-2017
Grasslands Park HOA - President 2012-2015
Trekking for Kids Mt. Everest Expedition - Volunteer and Participant 2010

- Directed PSD Student Wellness program including implementation and evaluation of PSD Wellness Policy, 49 school wellness teams, funding, support, leaders, champions, and district-involved staff.
- Coordinated and represented PSD Wellness within the Integrated Health Management System including program development, data collection and evaluation, and collaboration with other management system components including an onsite health clinic, lifestyle health services, and employee assistance services.
- Facilitated and directed the Wellness Advisory Council for Schools and the Employee Wellness Advisory Council including managing work related to district health and wellness initiatives and serving as the communication link for Superintendent and Cabinet.
- Represented PSD Wellness and District on various community, county, state, and regional health and wellness boards and committees.
- Organized professional development opportunities related to health and wellness including PSD Wellness Workshop and Summer Institute.
- Implemented innovative programming in educational settings to create system change and link to academic achievement.

PROGRAM MANAGER II | HEALTHFITNESS- HEWLETT PACKARD & AVAGO TECHNOLOGIES FITNESS CENTER 12/2011-9/2012

- Led 11 US Hewlett Packard fitness centers as a national coordinator for Hewlett Packard and HealthFitness contract aligning goals, objectives, programming, and communications for site liaison.
- Oversaw management duties including staff, interns, yearly budgets, Health Improvement Programs, payroll, receipt and credit card logs, personal training, and group exercise program.
- Aligned fitness programming with health programming for Hewlett Packard account including national outcome business plans with multiple partners.
- Created, organized, and presented monthly site reports and quarterly reports for Hewlett Packard leadership.
- Assisted with hiring, training, and mentoring for all Hewlett Packard Fitness Center Sites.

PROGRAM MANAGER I 2/2007-12/2011

- Organized large scale corporate health fairs including marketing, vendor arrangement, and schedule of events.
- Co-wrote HealthFitness and Hewlett Packard Business Plans including company mission, goals, objectives, and yearly plan for projects.
- Planned and implemented yearly onsite events including two 5k races and Bike to Workday.
- Built a network in the Larimer community to involve nonprofits in health events and donations.
- Designed ongoing health, wellness, nutrition, and fitness incentive programs for members.

HEALTH FITNESS PROFESSIONAL

09/2006-11/2007

- Wrote programs for exercise, nutrition counseling, and disease management for diverse populations.
- Instructed group exercise classes in Pilates, core, full body toning, indoor cycling and flexibility.
- Developed informational bulletin boards, posters, table tents, and fliers.
- Designed, edited, and contributed feature articles for wellness newsletters.
- Created and presented educational PowerPoint presentations to the employee population.

**HEALTH PROMOTION INTERNSHIP & AMERICORPS SERVICE |
BANNER HEALTH- MCKEE MEDICAL CENTER (NONPROFIT
HOSPITAL)**

8/2005-12/2005

- Supported community health programs and services as part of Banner Health initiatives.
- Worked with occupational health programs for assessments and implementation of practices for employers.
- Assisted with planning and implementation of large-scale health fairs and educational events.
- Provided educational programming and services including blood draws, biometric screenings, metabolism screenings, and wellness classes.