

SPEAKER MANIFESTO

What Happens *After* Insight?

Psychology • Creativity • Conscious & Subconscious Patterns • Relationships • Spirituality • Youth & Family Systems • Action

“We do not only need more insight. We need ways to reach what thought alone cannot access — and opportunities to practice who we choose to become.”

ASHLEY'S SPEAKING PHILOSOPHY

Ashley Morken speaks about the space between understanding and transformation. Her work asks what happens when conscious insight meets subconscious patterning, when the body reacts before the thinking mind catches up, when relationships expose what solitude can hide, and when creativity gives emotion and intuition a language beyond analysis.

Drawing from law, juvenile justice, marriage and family therapy education, coaching, expressive arts, authorship, entrepreneurship and lived experience, Ashley brings systems thinking together with human stories. She is especially interested in why people can understand their patterns and still repeat them — and how creativity, regulation, feedback, relationship and action can create another route forward.

THREE PILLARS OF THE WORK

INTEGRATION & RELATIONSHIPS

Awareness is only the beginning. Regulation, defensiveness, feedback, boundaries, accountability, relationship patterns and turning insight into lived change.

CREATIVITY & THE INNER MIND

Art, writing, imagination and expressive experience can move around the overthinking mind, invite subconscious material into awareness and create room for curiosity.

YOUTH, FAMILIES & SYSTEMS

Behavior as communication, accountability without shame, family systems, regulation, agency and creative alternatives to punishment and disconnection.

WHY CREATIVITY BELONGS IN THE CONVERSATION

Ashley believes creativity is not simply an artistic pursuit. It is a human capacity for accessing emotion, solving problems, tolerating uncertainty, changing perspective and imagining alternatives. When the conscious mind is busy defending, explaining, organizing or overthinking, creative process can offer another doorway; one that lets people notice, express and reconsider before they have perfect words.

This philosophy is reflected across Healing Hearts Haven through coaching, retreats, workshops, expressive arts, online learning, publishing, youth programming and organizational training. The ecosystem is designed to move people beyond information alone and into experiences where learning can be practiced.

SIGNATURE MESSAGE

“You can't change what happened, but you can choose what happens next”

SIGNATURE SPEAKING EXPERIENCES

THE SPACE AFTER INSIGHT

Why knowing better does not automatically mean doing better—and how regulation, action, feedback and adjustment turn awareness into integration.

THE ART OF HEALING: TRANSMUTING PAIN INTO POWER

How creative expression can access what words and analysis cannot, offer the nervous system another channel, and help transform pain into meaning, agency and possibility.

BEYOND THE THINKING MIND

The intersection of conscious insight, subconscious patterning, intuition and creativity—and why people sometimes need an experiential route around overthinking.

CREATE WHAT YOU WISH EXISTED

Creativity as agency: moving from consuming what is wrong toward participating in building what we want more of as a means of reprogramming traumatic response.

RELATIONSHIPS: THE LABORATORY OF GROWTH

Why relationships reveal patterns solitude can hide, and how feedback, boundaries, accountability, repair and safety become practices of growth, not continuing abuse.

FROM CONSEQUENCE TO AGENCY

For schools, courts and youth systems: regulation before resolution, accountability without shame, agency and creative alternatives to punishment and disconnection.

BREAKING FREE

Generational and relationship patterns, identity, nervous-system responses and choosing differently when the familiar cycle returns.

MANIFESTATION REQUIRES PARTICIPATION

A grounded spiritual conversation about vision, embodiment, aligned action, feedback and consciously participating in the life we say we want so we can create the life we dream.

SELECTED SPEAKING & PRESENTATION EXPERIENCE

NAMI — Huron, SD | 2025

Guest Speaker — *Transmuting Pain into Power: The Healing Potential of Art Therapy*

JDAI Cross-State Conference Partnership with Nebraska — Rapid City, SD | 2021

Panelist — *Rural Detention Reform & Diversion Expansion*

James Valley Drug Court — Mitchell, SD | 2019

Keynote Speaker — *Graduation*

Healing Hearts Haven Community Workshops & Presentations — South Dakota | 2024–Present

Facilitator — *Integration, systemic trauma, expressive arts, self-discovery, youth and family systems, relationships, regulation and personal growth*

FORMATS & AUDIENCES

45–60 min keynote • 60–90 min interactive session • 2–3 hour workshop • half-day/full-day training • panel/podcast • author visit • virtual presentation

Ideal for: schools, courts, juvenile justice, nonprofits, family organizations, conferences, women's groups, creative communities, leadership teams, retreats, wellness events and professional development.

2026–2027 SOUTH DAKOTA RATE GUIDE

Community / Guest Speaker \$500–\$750
Virtual Presentation / Training \$500–\$750
Keynote \$750–\$1,000
Keynote + Interactive Q&A \$1,000–\$1,250
2–3 Hour Workshop \$1,250–\$1,750
Half-Day Training \$1,750–\$2,500
Full-Day Engagement \$2,500–\$3,500

Mission-aligned pricing is available for rural South Dakota schools, nonprofits, youth programs and community organizations.

Please inquire even when your honorarium is below the listed range.

Travel/lodging may be quoted separately.

HEALING HEARTS HAVEN • healing-hearts-haven.com • Sioux Falls, South Dakota • Available for travel & virtual engagements