



Ashton Sholund

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Ashton is the Associate Director of Wellness Education and Content at the Wellness Alliance, where she is dedicated to advancing a holistic vision of well-being for all. Her work focuses on supporting employee well-being, strengthening worksite wellness initiatives, and promoting inclusive, accessible approaches that extend beyond the workplace to foster healthier individuals, organizations, and communities.

In addition to her role, Ashton is an active, certified health coach with more than 14 years of experience in worksite wellness and health coaching. Throughout her career, she has worked across a wide range of industries, building a diverse and well-rounded skill set. Her background includes supporting wellness initiatives in hospital settings, serving as a wellness consultant in corporate environments with both small and large businesses, and leading learning and development efforts within the health coaching industry.

Ashton has also held leadership roles as an operating director for a home care agency and as a regional manager overseeing onsite and nearsite healthcare clinics. This breadth of experience enables her to support Wellness Alliance members with a deep understanding of both organizational needs and the human experience.

Outside of work, Ashton enjoys traveling, maintaining an active lifestyle, participating in a monthly book club, and spending time with her dog, husband, friends, and family—nurturing her physical, mental, and social well-being.