



Ashley J. Smith, Ph.D.

**Co-Founder and Psychologist
Peak Mind: The Center for Psychological Strength
Kansas City, Missouri**

Dr. Ashley Smith is a licensed psychologist and co-founder of Peak Mind: The Center for Psychological Strength, an organization that designs and delivers science-backed trainings to strengthen employee well-being, resilience, and psychological performance. A sought-after expert in anxiety and stress, Dr. Ashley brings more than 20 years of clinical experience to her work. Through Peak Mind, she helps organizations translate the science of human behavior into practical tools that support thriving employees, authentic leaders, and high-functioning teams. Known for her engaging, down-to-earth teaching style, Dr. Ashley makes brain science digestible and actionable, helping people and leaders build the psychological strength skills proven to enhance well-being, adaptability, and performance. Peak Mind's mission is simple but powerful: When people thrive, organizations thrive.