



# Ashley O'Neil, CRNP

**NURSE PRACTITIONER, NICU MOM, SPEAKER, ADVOCATE, & PODCAST HOST**

Ashley is not only a seasoned Nurse Practitioner with over a decade of clinical experience—she's also a fierce advocate, a NICU mom, and the compassionate voice behind the Ask a NICU Mama Podcast. After giving birth to her son Kolin at just 25 weeks, Ashley spent 183 days immersed in the NICU world. That experience changed her life and ignited a deep calling to support other families navigating similar journeys.

Through her lived experience and professional expertise, Ashley brings powerful insight, relatable storytelling, and real tools that leave audiences feeling seen, equipped, and inspired.

## AS SEEN IN:



## SIGNATURE TOPICS

### How to Navigate Life While in the NICU

A candid and empowering talk that offers NICU parents strategies to advocate for their baby, care for their mental health, and remain grounded through chaos. Ashley shares practical systems for documentation, communication, and self-care.

### How to Manage Life Raising a Child with Complex Medical Needs

Life after the NICU comes with new challenges. Ashley shares how to build your "village," organize care at home, balance work/life, and become a fierce medical mom advocate—all while protecting your peace.

### How to Live Life While Grieving

Grief doesn't always look like loss—it can show up as fear, disappointment, or letting go of what you imagined. Ashley helps parents honor their feelings, make space for healing, and find meaning through the pain.

### How to Pull Yourself Out of a Dark Space

From NICU trauma to burnout and beyond, this session focuses on rebuilding hope, finding joy again, and leaning into the light when life feels heavy. Ashley's story is raw, real, and full of grace.

## CONNECT WITH ASHLEY

Ashley is the voice NICU families didn't know they needed. She brings warmth, humor, clinical insight, and deep empathy to every stage, workshop, or panel. Whether you're hosting a healthcare event, parenting conference, podcast, or wellness summit, Ashley delivers with professionalism and heart.

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Ask A NICU Mama

