



**[Olivia Ash, Esq., MS](#)**

## **Biography**

[Olivia Ash, Esq., MS](#), brings fifteen years of teaching & management experience to well-being education. After receiving her BS in Exercise Science and MS in Physical Education, Olivia spent a decade advising employers on wellness program management. Olivia is an Indiana-licensed attorney serving as Associate General Counsel for The Capstone Group, specializing in ERISA compliance for benefit plans. Olivia is an [award-winning writer](#), researching the experience of loneliness. Olivia is an experienced educator, holds an Indiana state teaching license, and serves as Adjunct Faculty at the Indiana University School of Health and Human Sciences. Liv paints abstract art and enjoys outdoor road cycling.

## **[Olivia Ash, One-Page Resume](#)**

### **Olivia as Author & Speaker:**

- ❖ [Educational Videos](#)
- ❖ [Curriculum Vita of Presentations, Articles, & Blog Posts](#)
- ❖ [Cultivating Wisdom in a Time of Crisis: Webinar and Worksheets](#)
- ❖ [Combatting Loneliness in the Legal Profession: Lawyer Well-Being Week, American Bar Association](#)
- ❖ [Addressing Emotions: Chronic Stress, Leadership, and Loneliness, American Bar Association](#)

### **Olivia's Original Research:**

- ❖ [Loneliness & the Law: Research Paper: SSRN](#)
- ❖ [The Lonely Advocate: Res Gestae Article](#)

### **Social Media/Contact Information:**

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