

MEDIA KIT

Ashley Thiesen

Founder, Elevate Grace · Certified PSYCH-K® Facilitator
Formerly founder of The Modern Connection (2009 to 2020)

Ashley Thiesen started her first company, The Modern Connection, at 23. Over 11 years, it grew into one of Charleston, South Carolina's early social media agencies, where Ashley led the team and helped businesses navigate a rapidly changing digital landscape.

She taught social media marketing at the College of Charleston, delivered keynotes and workshops for conferences, chambers and business groups, wrote magazine columns, and spent nine years on weekly radio. The company was acquired in 2020.

After selling her agency in 2020, Ashley stepped away from the business world and chose a very different season of life: homeschooling her daughter, traveling, gardening, and exploring the deeper work of subconscious change. What began as a quiet period away from entrepreneurship eventually led her to PSYCH-K® and to the work she does today with business owners.

Today, Ashley works with business owners on the gap between knowing what to do and actually doing it.

Conversations she's good for

Who are you after the exit?

Why owners can feel lost, flat or even guilty after selling a business they wanted to sell, and what Ashley learned from selling her own agency.

Why knowing better doesn't change anything

The gap between insight and action, and what's often running underneath the things we say we want to change.

The part of you that doesn't want to be seen

After a decade in social media, marketing and radio, Ashley knows a thing or two about visibility. She also knows that understanding how to be visible and feeling safe being seen are two very different things.

Disappearing on purpose

Why Ashley stepped away from the online business world for six years after selling her company, what she discovered in the process, and what it looked like to come back as herself instead of her old job title.

Formerly Ashley T. Caldwell

PSYCH-K® is a facilitated process for changing subconscious beliefs. It is not hypnosis, therapy or business consulting. Please introduce Ashley as a PSYCH-K® facilitator.

PSYCH-K® is a registered trademark of the PSYCH-K® Centre International.

Photo: Leigh Hayward Photography

Bios, headshots and sample questions: ElevateGrace.com/media



MEDIA

105.5 The Bridge

"Web Wednesday," weekly radio, nine years

SKIRT! Magazine · Art Mag Charleston

Columnist, social media and tech

HatchTribes

Monthly video contributor

Local TV

Go-to social media expert

Media sponsor

Charleston Fashion Week · Charleston International Film Festival · area festivals and events

RECOGNITION

Forty Under 40, Charleston Regional Business Journal (2014)

Finalist, Entrepreneurship, Influential Women in Business, Center for Women and the Southern Women's Show (2016)

TEACHING AND SPEAKING

College of Charleston

Social Media Marketing instructor; student mentor there, at the Art Institute and area schools

GenerationSmart

Founder, online safety for kids (2011 to 2015)

Keynotes and workshops

MUSC · Art Institute of Charleston · Charleston and Summerville Chambers · Charleston Digital Corridor · SCORE · NAWBO · ABWA · Center for Women, and many more

Industry keynotes

Construction, landscape architecture, composting, pottery, veterinary, legal, finance, real estate and more

Expert and panelist

Harbor Entrepreneur Center · BoomTown ROI · Charleston AMA · The Harbor Club

MEDIA REQUESTS

Hello@ElevateGrace.com

ElevateGrace.com/media

The Carolinas, USA · Remote anywhere