



ANANA JOHARI HARRIS PARRIS

FOUNDER & CEO | CONSULTANT | TRAINER
AUTHOR | SPEAKER | PUBLIC HEALTH ADVOCATE
ARCHITECT, LIFE ALIGNMENTOS™
CERTIFIED YOGA INSTRUCTOR

FOLLOW ME @ananajohariharrisparis
anana@selfcareagency.com
SelfCareAgency.com
YourAlignmentOS.com

***"TRAUMA & DISORDER WILL NOT DISRUPT YOUR ORGANIZATION'S SUCCESS WHEN YOU
HAVE A STRATEGIC WELLNESS PLAN TO MATCH YOUR BUSINESS PLAN."***

~ ANANA JOHARI

Anana Johari Harris Parris has spent more than thirty years in the rooms where organizations are actually run — legal operations, executive management, business development and organizational strategy — and much of the last decade arguing that the people inside those organizations are infrastructure too, and should be resourced like it. A public health advocate, law firm executive and certified yoga instructor, she has served as Chief Operating Officer, Fractional COO, Director of Operations and executive advisor, guiding more than 30 law firms and business owners. Her practice joins two things usually kept apart: the operational discipline that makes an organization profitable, and the human conditions that make it survivable for the people doing the work.

STRATEGIC WELLNESS & SELF CARE ADVOCACY

Anana is the founder and CEO of the **Self Care Agency, LLC / Wellness & Justice Group**, building applied workplace wellness infrastructure for mission-driven, high-exposure organizations — programs designed to hold after the training ends.

NEW She is the founder and chief architect of **Life AlignmentOS™** (YourAlignmentOS.com), the assessment platform that measures the gap between what people need to be well and what their workday actually demands.

Author of **"Self Care Matters: A Revolutionary's Approach,"** with a forthcoming second book, **The Inner Workplace Strategy**. Recipient of the **Southern Center for Human Rights Gideon's Promise Award**.

BUSINESS & ORGANIZATIONAL DEVELOPMENT

Anana serves as **COO & President of Synergistic Impact Strategies [S.I.S.]**, advising organizations on business strategy, government affairs, executive leadership, organizational development and law firm growth.

2026 She is the **2026 Strategic Planning Consultant for the National Association for Public Defense**, supporting the strategic realignment initiative for the Los Angeles County Public Defender's Office.

A trained **Entrepreneurial Operating System (EOS™)** facilitator and former VP of Client Success at Stafi, she also founded the professional network **The Evolve Network**.

PUBLIC DEFENSE & SOCIAL JUSTICE LEADERSHIP

2026 Lead Planning Coordinator & Strategic Wellness Infrastructure Training Designer for the **LA County Public Defender Wellness Day** — four locations, an estimated 600 attorneys plus paralegals, social workers and investigators.

Facilitated self-care training for **200+ lawyers, judges and legal professionals for the U.S. Courts** after the Capitol insurrection, and served as Strategic Self-Care Advocacy Facilitator for the **United Nations Permanent Forum on People of African Descent**.

Founder of the **SisterCARE Alliance** and the **AfriSalsa Cultural Organization**.

NOW & NEXT · FALL 2026

SPEAKING, LAUNCHES & PUBLIC DEFENSE WORK

This fall Anana brings her strategic wellness method to two national public defense stages and launches a three-month public campaign built on the Life AlignmentOS™ assessment.

UPCOMING SPEAKING

NAPD · VIRTUAL CONFERENCE

We the Defenders 2026

National Association for Public Defense

“Leading From Within: A Strategic Approach to Non-Attorney Professional Growth in the Legal Field”

When Wednesday, October 7, 2026 · 4:15–5:15 PM

Where Virtual · CEU eligible (NASW)

For investigators, social workers, paralegals and mitigation specialists: separating the structural stress of legal work from ordinary workplace friction, locating each person’s professional sweet spot, and drafting the first component of a Strategic Wellness Career Plan.

NAPD · MONTGOMERY, ALABAMA

Racial Justice Conference 2026

National Association for Public Defense · 7th annual

“Recovery from Racialized Trauma”

When Monday, November 2, 2026 · 2:00–3:00 PM

Where Renaissance Montgomery Hotel & Spa · Montgomery 5

Part of NAPD’s seventh annual Racial Justice Conference, which examines race at the level of the individual, the workplace and the system, and includes visits to the Legacy Museum, the National Memorial for Peace and Justice and the Freedom Monument Sculpture Park.

CAMPAIGN LAUNCH



OCTOBER – DECEMBER 2026 · YOURALIGNMENTOS.COM

Most of us can name what we need to be well. Far fewer of us are actually doing it. **The Blind Spot Challenge** is a three-month campaign that makes that gap visible – and then does something about it.

Participants take the **Personal & Professional Life Alignment Assessment**, a proprietary instrument from Life AlignmentOS™ that measures the distance between what a person needs and what they are actually doing. The results become a **strategic plan** across three areas of life:

Personally

Wellness needs across spirit, body, money, growth, creativity and community.

Professionally

Financial, community and legacy goals aligned with real capacity.

In Relationships

The patterns shaping our closest connections — and how to strengthen them.

Led by Anana Johari Harris Parris, Founder & Chief Architect, and Kim Brundidge, Vice President, Life AlignmentOS™.

2026 PUBLIC DEFENSE & SYSTEM CHANGE

Strategic Planning Consultant

National Association for Public Defense

Supporting the strategic realignment initiative for the Los Angeles County Public Defender’s Office.

Lead Planning Coordinator & Strategic Wellness Infrastructure Training Designer

LA County Public Defender · Wellness Day 2026

Designing a four-location wellness day for the largest public defender office in the country as the launch of a complete wellness infrastructure initiative.

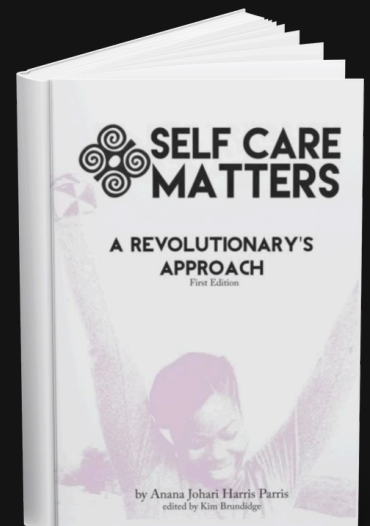


AWARDS & ACKNOWLEDGEMENTS

- **2026 Strategic Planning Consultant, National Association for Public Defense** — LA County Public Defender strategic realignment
- **2026** Invited speaker, **NAPD We the Defenders** and **NAPD Racial Justice Conference**
- **2024 Florida A&M University [FAMU] Agroecology Center** Lead Strategic Wellness & Self Care in the Workplace trainer
- **2023** Facilitator of Strategic Self Care Advocacy, **United Nations Permanent Forum on People of African Descent (PFPAD)**
- **2021–Present** Guest Lecturer, **Mercer University Master's in Counseling Program**
- **2019** Community Affairs Chair, Howard University Alumni Club of Atlanta; ProGeorgia Women of Color Thought Leader Delegate (2019, 2020–22)
- **2018 Southern Center for Human Rights** Gideon's Promise Award
- **2018** Keynote Speaker, **Global Women's Leadership Summit**, Johannesburg, South Africa
- **2016 Goodwill Ambassador for the State of Georgia** Award
- **2014** Community Service Award, **U.S. Attorney General's Office, Northern District of Georgia**
- **2014** Founder, **SisterCARE Alliance**; Delegate for the City of Atlanta, **Global Peace Foundation** Annual Conference
- **2012** Unsung Heroine, **100 Black Women of Metro Atlanta**

PUBLICATIONS

- **FORTHCOMING** Parris, Anana H., **The Inner Workplace Strategy: Rebuild Alignment, and Show Up Better Protected at Work**
- Parris, Anana H. & Dr. Brian McGregor, **"Political Power: Black Women and Resilience: Power, Perseverance, and Public Health,"** Chapter 19, SUNY Press Series in Black Women's Wellness (2024)
- Parris, Anana H., **"What Do You Need?" A COVID Needs Assessment & Resource Information Storage Tool**, SisterCARE Alliance (2020)
- Parris, Anana H., **For Colored Girls Growing Like A Rose From Concrete: An Anthology — "Self Care Revolutionary Story,"** YBF Publishing (2017)
- Parris, Anana H., **Self-Care Matters: A Revolutionary's Approach**, YBF Publishing LLC (2016) — print and Audible unabridged audiobook



PREVIOUS CLIENTS & TRAININGS



BLUMENTHAL
PERFORMING ARTS



NORTHSTAR
PSYCHOLOGICAL
SERVICES



GAS SOUTH



GEORGIA ACADEMY OF
FAMILY PHYSICIANS
SPECIALIZING IN ALL OF YOU



HUMAN
RIGHTS
CITIES
ALLIANCE

Also: Los Angeles County Public Defender's Office • American Academy of Pediatrics • ProGeorgia Women of Color Initiative

ANANA JOHARI HARRIS PARRIS

ABBREVIATED BIOGRAPHY

Anana Johari Harris Parris is the founder and CEO of the Self Care Agency, LLC / Wellness & Justice Group, where she serves as lead Strategic Business & Self Care Consultant and Program Designer, and the founder and chief architect of **Life AlignmentOS™** (YourAlignmentOS.com). She is COO & President of Synergistic Impact Strategies and the 2026 Strategic Planning Consultant for the **National Association for Public Defense**, supporting the strategic realignment of the Los Angeles County Public Defender's Office, where she is also Lead Planning Coordinator and Strategic Wellness Infrastructure Training Designer for its 2026 Wellness Day — four locations serving an estimated 600 attorneys plus paralegals, legal assistants, social workers and investigators. This fall she speaks at NAPD's **We the Defenders** conference (October 7) and **Racial Justice Conference** in Montgomery, Alabama (November 2), and launches the **Blind Spot Challenge** (October–December 2026) with Life AlignmentOS™ Vice President Kim Brundidge.

Over more than thirty years in legal operations, executive management and organizational strategy, Ms. Parris has served as Chief Operating Officer, Fractional COO, Director of Operations and executive advisor. From May 2019 to January 2021 she served as a Fractional Chief Operating Officer Advisor for How to Manage, guiding more than 30 business and law firm owners through infrastructure and systems development, revenue and business process refinement — including the Entrepreneurial Operating System (EOS™). She previously served as VP of Client Success at Stafi.



Ms. Parris facilitated Strategic Self Care Training for over 200 lawyers, judges and legal professionals with the Training Division of the Administrative Office of the U.S. Courts a few weeks after the Capitol insurrection, and in 2023 served as Facilitator of Strategic Self Care Advocacy for the United Nations Permanent Forum on People of African Descent. Florida A&M University's Agroecology Center named her its 2024 Lead Strategic Wellness & Self Care in the Workplace trainer, and she has been a guest lecturer in Mercer University's Master's in Counseling program since 2021. She completed her 200-hour Yoga Instructor Certification with TrueAlign Life in 2023.

She is the author of *Self Care Matters: A Revolutionary's Approach*, whose Strategic Self Care Training Program has been approved for training with the American Academy of Pediatrics, adopted as a required text for human trafficking, domestic violence and trauma survivor programs, and used as the primary training tool for the Southern Center for Human Rights and the ProGeorgia Women of Color Initiative. Her second book, *The Inner Workplace Strategy*, is forthcoming. She founded the SisterCARE Alliance, the AfriSalsa Cultural Organization and the Self Care Day Campaign, and authored the first official Self Care Day Proclamation (December 4, 2011), since recognized by Atlanta, Savannah, Lithonia, Charlotte, Charleston, Mecklenburg County, DeKalb County and the Dallas–Fort Worth area. Her honors include the Unsung Heroine Award from the National Coalition of 100 Black Women, the State of Georgia Goodwill Ambassador Award, the U.S. Attorney General's Office (N.D. Ga.) Community Service Award and the Southern Center for Human Rights Gideon's Promise Award.