



ANANA JOHARI HARRIS PARRIS

FOUNDER | CONSULTANT | TRAINER |
AUTHOR
SPEAKER | PUBLIC HEALTH ADVOCATE
CERTIFIED YOGA INSTRUCTOR

FOLLOW ME @anana Johari Harris Parris
anana@selfcareagency.com
SelfCareAgency.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 is a distinguished public health advocate, business development and organizational strategy expert with extensive experience across various sectors, including public health, law, marketing, social justice, community engagement, and wellness. In her previous role as a Fractional Chief Operating Officer Advisor , Anana guided over 30 law firms & business owners, through critical infrastructure and process development, helping them optimize financial performance and business growth strategies. She is also a certified yoga instructor and Strategic Wellness program designer with over 10 years as a public health advocate seamlessly integrating wellness programming into workplace infrastructures within trauma based fields for businesses and organizations.

STRATEGIC WELLNESS & SELF CARE ADVOCACY ✱

• Anana is the founder and CEO of the **Self Care Agency, LLC / Wellness & Justice Group**, where she integrates strategic business and self-care consulting with program design. Her pioneering approach to wellness as a form of social justice is encapsulated in her acclaimed book, **"Self Care Matters: A Revolutionary's Approach."** She has trained organizations like the American Academy of Pediatrics and the Southern Center for Human Rights in strategic self-care, establishing herself as a thought leader in the field. Her ability to blend business acumen with community advocacy has earned her numerous accolades, including the **Southern Center for Human Rights Gideon’s Promise Award.**

BUSINESS & COMMUNITY DEVELOPMENT ✱

• Anana currently serves as the **Vice President of Client Success for Staffi** and **COO & President for Synergistic Impact Strategies [S.I.S.]**, where she oversees all business and legal operations. Anana also plays a key role in facilitating the Entrepreneurial Operating System (EOS), helping the firms achieve their strategic goals. Anana also founded a professional and entrepreneurial network called **The Evolve Network.**

COMMUNITY ADVOCACY AND SOCIAL JUSTICE LEADERSHIP ✱

• Anana has founded non-profit initiatives such as the **SisterCARE Alliance** and the **AfriSalsa Cultural Organization**, focusing on public health, cultural awareness, and community development. Her advocacy extends to human rights and strategic wellness training in trauma based workplaces, having facilitated self-care training for over 200 legal professionals for the U.S. Courts shortly after the U.S. Capitol insurrection, and served as a Strategic Self-Care Advocacy Facilitator for the **United Nations Permanent Forum on People of African Descent.**

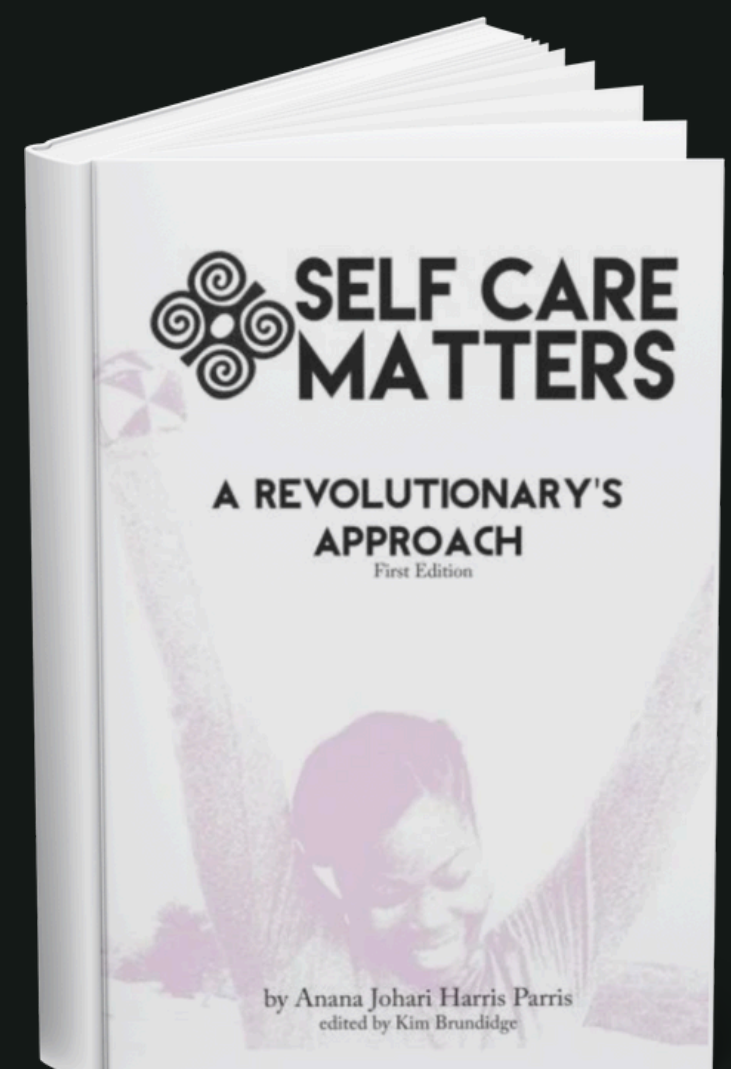


AWARDS & ACKNOWLEDGEMENTS

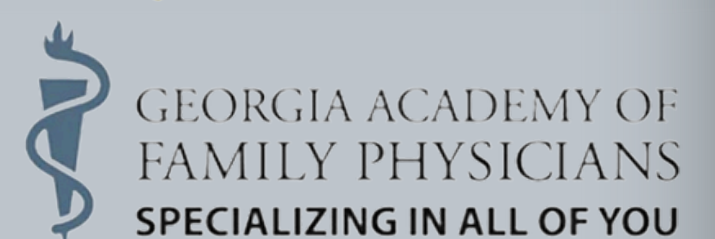
- 2012 Unsung Heroine **100 Black Women of Metro Atlanta** for Community Service
- 2014 Delegate Representing the City of Atlanta at the **Global Peace Foundation's** Annual Conference
- 2014 Founder of **SisterCARE Alliance** promoting self-care as a form of social justice and social justice as a form of self-care.
- 2014 Community Service Award **U.S. Attorney General's Office Northern District of Georgia**
- 2016 **Goodwill Ambassador for the State of Georgia Award**
- 2018 **Southern Center for Human Rights** Gideon's Promise Award
- 2018 **Global Women's Leadership Summit Johannesburg SA** Key Note Speaker
- 2023 Facilitator of Strategic Self Care Advocacy for the **United Nations Permanent Forum on People of African Descent (PFPAD)**
- 2021-2024 **Mercer University Graduate Counseling Program** Guest Lecturer
- 2024 **Florida A&M University [FAMU] Aggroecolgy Center** designated Ms. Parris as the Lead Strategic Wellness & Self Care in the Workplace trainer

PUBLICATIONS

- Parris, Anana H, **Self-Care Matters: A Revolutionary's Approach**, Atlanta, GA, YBF Publishing LLC (2016)
- Parris, Anana H, **Self-Care Matters: A Revolutionary's Approach Audible Audiobook** Unabridged, Atlanta, GA, YBF Publishing LLC (2016)
- Parris, Anana H, **"For Colored Girls Growing Like A Rose From Concrete: An Anthology "Self Care Revolutionary Story"** , Atlanta, GA, YBF Publishing (2017)
- Parris, Anana H, **"What Do You Need ?" A COVID Needs Assessment & Resource Information Storage Tool**, Atlanta, GA, SisterCare Alliance (2020)
- Parris, Anana H, & Dr. Brian McGregor **"Political Power : Black Women and Resilience: Power, Perseverance, and Public Health" (SUNY PRESS Series in Black Women's Wellness) Hardcover Chapter 19 – April 1, 2024"** Atlanta, GA (2024)



PREVIOUS CLIENTS & TRAININGS



ANANA JOHARI HARRIS PARRIS

ABBREVIATED BIOGRAPHY

@ananajohariharrisparis is the founder and CEO of the Self Care Agency, LLC /Wellness & Justice Group where she operates as the lead Strategic Business & Self Care Consultant Program Designer as well as the founder of the SisterCARE Alliance. Ms. Parris is the VP of Client Success at Stafi and the 2023 Facilitator of Strategic Self Care Advocacy for the United Nations Permanent Forum on People of African Descent (PFPAD) established to provide, in coordination with existing mechanisms, expert advice and recommendations to the Human Rights Council, the Main Committees of the General Assembly and organs, programmes, funds and agencies of the United Nations. Ms. Parris also is the author of Self Care Matters A Revolutionary's Approach.

Florida A&M University Acgroecolgy Center designated Ms. Parris their 2024 Lead Strategic Wellness & Self Care in the Workplace trainer including the integration of farming, community and organizational development. In 2023 Ms. Parris completed her 200Hr Yoga Instructor Certification from TrueAlign Life. Ms. Parris launched her 2021-22 year as a Women of Color Initiative Strategic Self Care Curriculum Design Consultant and Leadership Program Developer. From May 2019 - January 2021, Anana served as a Fractional Chief Operating Officer Advisor for How to Manage responsible for guiding more than 30 business and law firm owners through entrepreneurial decision making, infrastructure/systems development, revenue and business process refinement. Ms. Parris facilitated a Strategic Self Care Training for over 200 lawyers, judges and legal professionals with the Training Division of the Administrative Office of the United States Courts a few weeks after the insurrection.



Ms. Parris is also the founder of non-profit initiatives like the AfriSalsa Cultural Organization/AfriSalsa fights HIV/AIDS Campaign, the and the Self Care Day Campaign. Ms. Parris authored the first official Self Care Day Proclamation on December 4, 2011 recognized by the City of Atlanta and later the cities of Savannah, Lithonia, Charlotte, NC , Chareleston,SC, Mecklenburg County,NC , Mansfield Dallas Fortworth Area, TX and DeKalb County, GA. To further the promotion of self-care as a strategic form of social justice, Ms. Parris authored the book, Self Care Matters: A Revolutionary's Approach. Her book has launched several Self Care Support Groups and it's Strategic Self Care Training Program has been approved for training with the American Academy of Pediatrics as well as adopted as a required training text for many programs addressing human trafficking, domestic violence and trauma survivor programs. Her book is also adopted as the primary Strategic Self Care Training tool for the Southern Center for Human Rights and the ProGeorgia Women of Color Initiative.

Ms. Harris Parris was awarded the Unsung Heroine Award by the National Coalition of 100 Black Women, Inc., the State of Georgia Goodwill Ambassador Award and the Community Service Award from the U.S. Attorney General's Office of the Northern District of Georgia. In 2018, Ms. Parris was the keynote speaker at the Global Women's Leadership Activism Summit in Johannesburg, South Africa and the recipient of the Southern Center for Human Rights Gideon's Promise Award. In 2019, Ms. Parris was appointed the Howard University Alumni Club of Atlanta Community Affairs Chair and a ProGeorgia 2019 and 2020-22 Women of Color Thought Leader Delegate.