

Ashley J. Zahabian
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DISTINCTIONS & AWARDS

- Cover Feature of Exeleon Business Magazine Top 10 CEOs to Follow (2024).
- Awarded 2nd place at the Columbia University Data Science Institute COVID-19 Data Challenge – resulted in Nature publication (2021).
- SUCCESS Magazine Top 25 list with Oprah, Tom Brady, and Brené Brown (2018).
- TEDx speaker – “Acting More Rational & Changing Automatic Behavior” (2017).
- Awarded the Youth Mentorship Forum Award in Emotional Intelligence (2017).

PROFESSIONAL WORK

My Healing Work™

Strategic Advisor

January 2026 – Present

- Provide strategic, operational, and product advisory support following acquisition, including guidance on program development and the continued evolution of Reality Integration Method™ (RIM). Support transition of intellectual property, training systems, and delivery infrastructure during post-acquisition integration.

Integrate (Acquired by My Healing Work™)

Founder and Chief Executive Officer

November 2022 – January 2026

- Developed *Integrate BPD*™, a psycho-educational program helping people with borderline personality disorder (BPD) integrate their personality fragments and develop whole object relations.
- 1,000+ individuals diagnosed with BPD and/or tendencies of BPD enrolled.
- Wrote up 20+ case studies on individuals who were diagnosed with BPD, measuring the impact of *Integrate BPD* on their symptoms and object relations (*self-reporting surveys*).
- Feasibility and pilot study on *Integrate BPD* efficacy (IRB approved – *ongoing research*).
- Founded *Integrate BPD Productions*, featuring Dr. Eric Fertuck as our first guest.
- Assembled a clinical advisory and research team for clinical oversight and integrity.
- Developing **Reality Integration Method**™ (RIM) – a therapy for BPD using the methods in *Integrate BPD*™ aimed at directly targeting and treating the fragmented object relations.
- Developed a training manual for *RIM* for psychotherapists and clinicians.
- Visiting lecturer to the Psychiatric Fellows at Columbia University Irving Medical Center (CUIMC) to discuss how to repair childhood object relations fragments in adulthood.

Daldot (Acquired by Nutromics <https://www.nutromics.com>)

Co-founder and Chief Executive Officer

November 2018 – August 2021

Daldot is a company developing wearables that measures biomarkers in interstitial fluid in real-time, preventing diseases that progress due to a lack of timely and accessible data.

- Led the planning, pitching and close of our pre-seed round aimed at funding the execution of our preliminary research & development (\$50,000).
- Wrote a successful IRB application and then designed and executed the preliminary study, which involved successfully extracting 150 samples of interstitial fluid (ISF) from human participants.
- Ran samples using mass spectrometry at the Analytical Facility for Bioactive Molecules (Hospital for Sick Children) to collect data and better understand the metabolite composition of ISF.
- Performed exploratory data analysis and visualization to gain insight into the effects of fasting and macronutrient/micronutrient consumption on the composition of ISF.
- Assembled a strong SAB and R&D team, including Columbia University, UCLA Health and John Hopkins professors and physicians, to help develop the electrochemical aptamer-based (E-AB) sensor.
- Accepted and participated into the **Columbia University's BioMedx Accelerator** (2021) to strengthen commercialization plan and efforts.

- Developed prototype testing protocol aimed at testing the electrochemical aptamer-based (E-AB) sensor to continuously measure relevant metabolites in ISF for septic patients.
- Led the negotiations for a successful exit via acquisition by *Nutromics* (2021).

Bloomberg LP

Fixed Income Derivatives Analytics Representative

July 2017 – December 2018

- Created and deployed a sales strategy to sell the Bloomberg terminal to public relations firms, which brought in \$1.25M in new annual revenue within 6 months.
- Became the global Bloomberg advocate for new mobile features of the terminal app after converting the most new users onto the platform's new function globally.

Bloomberg LP

Analytics Intern

Summer 2016

- Pitched a new vertical of potential new revenue, public relations (PR) firms, to sales management.
- Received full time offer.

RESEARCH AND PUBLICATIONS

Columbia University Irving Medical Center, General Medicine Department

Research Assistant

June 2020 – March 2021

PI: Dr. Chin Hur

- Conducted a study to measure the impact of socioeconomic factors on social distancing on a county-level – developed a prediction model that uses these factors to estimate social distancing adherence (from the Columbia University DSI COVID-19 Competition).
- Authored manuscript published in *Nature HSSC* — Ingram, M., Zahabian A., and Hur C. [Prediction of Social Distancing Adherence \(SoDA\) on the US County-Level](#). *Humanit Soc Sci Commun* 8, 87 (2021).

Columbia University, Social Cognitive & Affective Neuroscience (SCAN) Lab

Research Assistant

August 2018 – May 2022

PI: Dr. Kevin Ochsner

- Conducted research on motivated search by developing a simulated search engine and studied cognitive biases and motivations regarding search on highly biased topics.

TECHNICAL SKILLS

Programming Languages: R, Python, Java Script, HTML

Technologies: GitHub, LaTeX, Microsoft Office, Wix, WordPress

Operating Systems: macOS, Windows 7/8/10

RECREATIONAL RESEARCH PROJECTS

Suisano

October 2022 — February 2023

Researcher and Data Analyst

- Designed and executed a preliminary study to test the ability of the Raman Spectroscopy (non-destructive chemical analysis technology) to analyze and measure the composition of a single drop of blood using machine learning.
- Developed a PoC AI model for predicting the blood glucose levels of an individual using a drop of blood (fingerpick method) with an accuracy of 90% using the Renishaw inVia Raman Spectroscopy (Columbia University Nano Initiative).

Harvard University

Course Developer and Co-Instructor

January 2018 – July 2018

Advisor: Dr. Leah Somerville

- Received sponsorship from Harvard University to design and teach an online course on emotional intelligence for founders and executives.
- Partnered with the Derek Bok Center at Harvard University to produce curriculum and materials.
- Enrolled 1,000+ engineers, founders, and/or executives.

INVITED TALKS

King's Hawaiian	2022
Annual Healthcare Revolution Conference	2022
Wakefern	2020
Cornell University	2019
Comcast	2018
Adriano Goldschmied (AG)	2018
Founder Institute	2018
TEDx	2017

EDUCATION

Montclair State University	September 2013 — May 2017
B.A. in Economics (<i>Magna Cum Laude</i>)	
Certificate in Entrepreneurship (2014)	
Honors and Accomplishments:	
• Class Speaker 2017 • Montclair's Intramural women's soccer team (2013-2014) • Feliciano Center of Entrepreneurship student mentor (2015) • Best Project in ENTR 302 – ReminU: an IoT product to improve the delivery of personal reminders (2015) • The Montclarion Alumni Spotlight — "<i>From the Classroom to Center Stage</i>" (2018) • Curriculum creator and professor of "<i>Emotional Intelligence for Leadership</i>" at the Feliciano Center of Entrepreneurship (2018)	

PERSONAL INTERESTS

Freestyle and solo ice dance, figure skating, cultural cooking and baking, reading financial materials, managing personal investment portfolio, hiking, traveling, and ice cream.