

## **Quionne Scott Matchett**

**Quionne Scott Matchett** is a mother, author, preacher, speaker, coach, and minister. It's her passion to inspire hope and empower women to break free from the pain of their past. As a Reset and Self Care Coach, she teaches women that there are worse things than starting over by helping them develop an empowered mindset and create healthy self-care habits that lead to breakthrough and transformation.

**Quionne** holds a Bachelor of Arts degree in Africana Studies and a Master of Arts degree in Labor and Employment Relations from Rutgers University. Quionne has over 30 years of professional experience in higher education and is skilled in leadership, labor and employment relations, academic personnel, mediation, and negotiation.

**Quionne** has spoken at churches, organizations, conferences, and hosted events and retreats on various topics such as prayer, negotiation, leadership, R.E.S.E.T, navigating major life transitions, self-care, starting over, and unleashing your inner power. She uses biblical principles and life experience to inspire women to pursue purpose and live their best life.

**Quionne** enjoys reading, writing, traveling, and trying new restaurants. She delights in music, the beach, a good massage, and spending quality time with family and friends. Her greatest joy and honor is being a mother to her three amazing sons.