

RHONDA STAMEY

SPEAKER • AUTHOR • WELLNESS COACH • BIBLE TEACHER

EXTENDED BIO

Rhonda Stamey is a speaker, author, wellness coach, and Bible teacher with more than 30 years of experience encouraging women in faith, health, and purposeful living. A graduate of the University of Georgia in Family and Consumer Sciences, she brings decades of experience in health, fitness, nutrition, leadership, coaching, and ministry to every audience she serves.

Rhonda is the creator of Strong in Faith, Fit in Body, where she encourages women to strengthen their faith, care well for their health, and make practical choices that support the life God has called them to live. Her teaching brings together faith-filled encouragement and practical wellness wisdom in a warm, relatable way.

As a speaker and Bible teacher, Rhonda has a heart for helping women understand how deeply they are known and loved by God, recognize their God-given worth, and confidently pursue His purpose for their lives. Whether speaking at a women's conference, retreat, church gathering, or wellness event, she seeks to leave women encouraged, equipped, and reminded that faith matters, health matters, and purpose matters.

Approved for use in event programs, websites, newsletters, social media, and promotional materials.