

RHONDA STAMEY

SPEAKER • AUTHOR • WELLNESS COACH • BIBLE TEACHER

100-WORD BIO

Rhonda Stamey is a speaker, author, wellness coach, and Bible teacher with more than 30 years of experience encouraging women to deepen their faith, care for their health, and live with greater purpose. A graduate of the University of Georgia in Family and Consumer Sciences, Rhonda brings decades of experience in health, fitness, nutrition, leadership, and ministry. Through speaking and Bible teaching, she combines faith-filled encouragement with practical wellness wisdom. Her heart is to help women understand how deeply they are known and loved by God and confidently pursue the life He has called them to live each new day.

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