

Quniana Futrell

CHILDREN'S CHAMPION | EMPOWERMENT SPEAKER
LIFE AND BUSINESS STRATEGIST | PROFESSOR

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Biography

From the streets of Newark, NJ, having two incarcerated parents to being featured on PBS's Emmy award-winning show, Virginia Currents, Quniana Futrell, known as "Author Q", is a real success story and champion for change.

Quniana Futrell is an empowerment speaker, CEO, best-selling author, philanthropist and life and business strategist. Quniana Futrell captivates audiences from all over the world, from the United States to Uganda, with her straightforward and bold methods of resilience and healing. Through strategic planning and relentless execution, Author Q has turned her pain into purpose. She works with key groups critical to rebuilding families and helping others change their story.

It was October 2014, after being terminated by her employer, Author Q started Empowering Communities Everywhere (ECE) Firm, LLC. ECE Firm, a development institute, empowers individuals and organizations to change their story. In April 2015, Author Q and husband Alton started BRC (Building Resilience in Communities), Inc., a non-profit organization which serves children and families impacted by incarceration.

Keeping momentum as a change-agent for families, Author Q released her first children's book, Our Moms, in November 2015. Our Moms is a conversation-starter for parents, professionals or service providers who live or work with children of incarcerated parents. Her second book was birthed later in 2016, which allowed her to be part of an anthology and documentary called, No More Chains. This book features eleven stories of chain breaking transformations and challenges readers to recognize their stigmas so they can begin to heal. Specifically, Author Q's chapter shares strategies on forgiving her parents, so she could Unleash her Champion and start to live her life on purpose.

As a community college Professor, Quniana is proficient in curriculum development. She created a program to support incarcerated parents and their families. In 2016, 3PFamily Support Initiative was birthed; partnering with parents, service providers, and professionals to re-build and strengthen families affected by incarceration. Author Q believes "parental incarceration may affect families, but it doesn't have to infect them."

Author Q also hosts seminars internationally for teachers. She helps them gain confidence, support, and resources to effectively reach the children of incarcerated parents and support their families. She has been invited to the Wells of Hope Ministries in Kampala, Uganda to share her knowledge with children, parents, and teachers.

Individuals and corporations have been impacted by her candid, realistic and relational message of Unleash the Champion. She trains audiences of 20-20,000 to Unleash the Champion in five ways: Beyond the Bars Edition, Educator Empowerment Edition, Leadership Edition, Live F.R.E.E Edition, and Student Success Edition. These champion sessions unleash powerful training on how individuals and organizations can be victorious by changing their story.

Quniana empowers her audience to unleash their champion both, personally and professionally. She trains audiences to identify their power within, break free from mental incarceration and evolve as a champion. Ultimately, viewers will change their stories by achieving their goals. Men and women have been transformed by Quniana's courses, training, and speeches.

Quniana has been recognized by both international and local media outlets for her work. She is well known as one of the most requested empowerment speakers in the world. Quniana is a captivating keynote delivering presentations for colleges, universities, corporations, associations, youth organizations, business groups, and faith-based organizations worldwide.

This proven Children's Champion motto is; Change the Family, Change the World™.

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Signature Topic



UNLEASH THE CHAMPION

- ▶ *Beyond Bars Edition*
- ▶ *Educator Empowerment Edition*
- ▶ *Leadership Edition*
- ▶ *Live F.R.E.E. Edition*
- ▶ *Student Success Edition*

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UNLEASH THE CHAMPION

Unleash the Champion: BEYOND BARS EDITION

When Quniana Futrell found herself with two parents incarcerated as a young girl, she knew one thing to be true, she wasn't enough. She walked around for decades feeling inadequate. Quniana isn't alone. Currently there are approximately 1 in 14 children in the US with a parent incarcerated. This session was designed to help teachers regain their voice and caregivers converse without confusion.

Participants will learn firsthand how to:

- ▶ Nurture these children beyond the prison bars of their parents.
- ▶ Have non-stressful conversations around the sensitive topic of incarceration.
- ▶ Understand the significance of their role in helping these children and families.

Unleash the Champion: Educator Empowerment Edition

Education is the most powerful weapon in the world but educators are the ammunition. It's good to empower children and families, but it is GREAT to keep the educators empowered. This interactive session was designed to do just that. We will unfold the 3P's to keeping your cool in the classroom and identify your hidden power. This session is sure to impact change within the individual educator and spark a fire toward an empowered faculty. All strategies learned in this session can be implemented immediately.

Participants will walk away able to:

- ▶ De-escalate tense classroom environments with students and parents.
- ▶ Feel empowered to cope and have tools to handle the sometimes stressful environment of the classroom.
- ▶ Have a greater sense of self and their impact on students they teach.

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UNLEASH THE CHAMPION

Unleash the Champion: Leadership Edition

Leaders are often measured using an unrealistic metric system. But as if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid. In the corporate space, we often believe there is only one way to be a leader. But in reality, it takes several types of leadership to make a business grow. This interactive speech will review my six proven steps to WIN in the workplace using the leadership styles that work best for you. Your natural leadership ability will be enhanced as a result of this lesson. You will develop a new meaning of the word leader in your role with your organization.

Leaders will walk away:

- ▶ Knowing their natural leadershipabilities and learn how to leverage it to get results.
- ▶ Understand how to lead their co-workers and direct reports for the betterment of the organization.
- ▶ Focused on how their role fits in the better picture of the company's goals and how they are able to support the mission.
- ▶ Determined to have a new found commitment to the organization and discover their purpose.

Unleash the Champion: LIVE F.R.E.E. EDITION

Champions are known for winning the good fight and living victorious lives. But lets be real, sometimes life just happens. What happens when you lose your fight and cannot see beyond what you feel? What happens when life hits you so hard and unexpectedly that you become mentally incarcerated? During this interactive speech, you will identify just how powerful you are, understand what living a F.R.E.E. life is all about and,examine key areas where evolution is needed. You will develop a non-negotiable action plan that future generations will thank you for later.

Participants will walk away knowing how to:

- ▶ Knowing their natural leadershipabilities and learn how to leverage it to get results.
- ▶ Understand how to lead their co-workers and direct reports for the betterment of the organization.
- ▶ Focused on how their role fits in the better picture of the company's goals and how they are able to support the mission.
- ▶ Determined to have a new found commitment to the organization and discover their purpose.

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UNLEASH THE CHAMPION

Unleash the Champion: Student Success Edition

Everyone has experienced different walks from life. Some easier than others, but let's be honest, aren't we all trying to be successful? Transitioning to college can be hard. Many of your students are trying to figure out if their courses match their purpose. During this interactive session, your students will learn firsthand how I went from not being able to get into a four-year college to now working on my doctorate degree. Your students will discover how to get laser focused about their college success while enjoying campus life.

Your students walk away from this session able to:

- ▶ Identify their passion.
- ▶ Discover passion and purpose over fear and doubt.
- ▶ Understand they are resilient and learn to keep their eye on the target.
- ▶ Rapidly adapt to their new found college life.
- ▶ Navigate and carve out their own path in college to achieve the lifestyle of their dreams.



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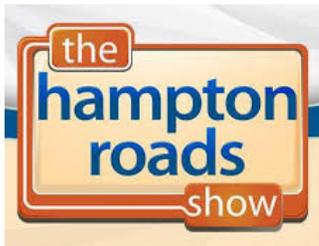
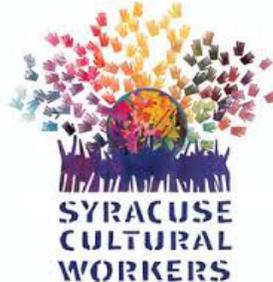
As Seen In



Early
Childhood
Development
Commission



CEOMOM



naeyc[®]



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



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Testimonials



La'Faye Cason

FOUNDER OF GIRLFRIENDS, INC.

Author of "Dear Daddy,
Dear Mommy, Dear Me"



Wanting and dreaming to work with girls and give back to my community was just that, a dream and a want. Once I started working with Q it became more, it was birthed. It happened. I founded my own nonprofit organization, Girlfriends, Inc. She walked me through the entire process, step by step. She offered ideas, gave direction and supported it in every aspect. She inspired and encouraged me and showed tough love. ON TOP of that, she told me I would write a book. That was not a want or dream, but the way she hyped it up by encouraging me and believing in me, I did it. I quit about 50 times and Q was right there to pick me up and keep me in line. I dedicated my first book to my midwife in success, thank you



Kelly Way

CEO AND HEAD CHEF

YourWay LLC, Catering
and Nutritional Services



Ma'am you are the absolute best Mentor/Coach on the planet. I would still be thinking of YourWay is for the future, but one day with you and it became tangible and reachable NOW! Everyone needs a millennial like you in their corner!



Ray J. Pope

THE CREATIVE COACH



Author Q has been an amazing source of coaching and inspiration. The connections she has provided me has launched my business into greater heights. She pushes you beyond your comfort zone and shows you how to



Michelle Thornton

SENIOR VICE PRESIDENT

Media Sales, BET/Centric TV & Author



"What she is doing is so magnificent. I love it! Her story, her journey, not only and I proud of her but the entire world is proud."



Rakim

HIP HOP LEGEND



"This is a powerful book that we definitely need in our communities."

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10 Fun Facts

ORGANIZERS SHOULD
KNOW ABOUT ME

- ① I worked in child care for 13 years which has groomed me to be FLEXIBLE.
- ② I had a radio show in Atlanta.
- ③ I was in a documentary, went on a national tour with celebrities and instantly became (in my head at least) a celebrity myself.
- ④ I was voted best smile in high school.
- ⑤ I am called Author Q for two reasons: I am a bestselling author and my sole purpose in life is to change generational stories.
- ⑥ I am a comedian by default.
- ⑦ My first celebrity interview was my childhood favorite, Erika Alexander.
- ⑧ My car is my sanctuary, and I sing loud with the windows down.
- ⑨ I LOVE movies and reciting them word-for-word excites me.
- ⑩ I LOVE to talk.

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