



Compliments of Chondrea Black, Author

CONFERENCE  
*her notes*  
ENCE

NOTE  
*His purpose*  
TAKER



*"Capture the whispers of God,  
the lessons of life, and  
the strength of your story"*

Woman Evolve 2024  
Globe Life Field, Arlington, TX  
September 26-28

# *herconferencenotes*

Hey W.E. Sisterhood!

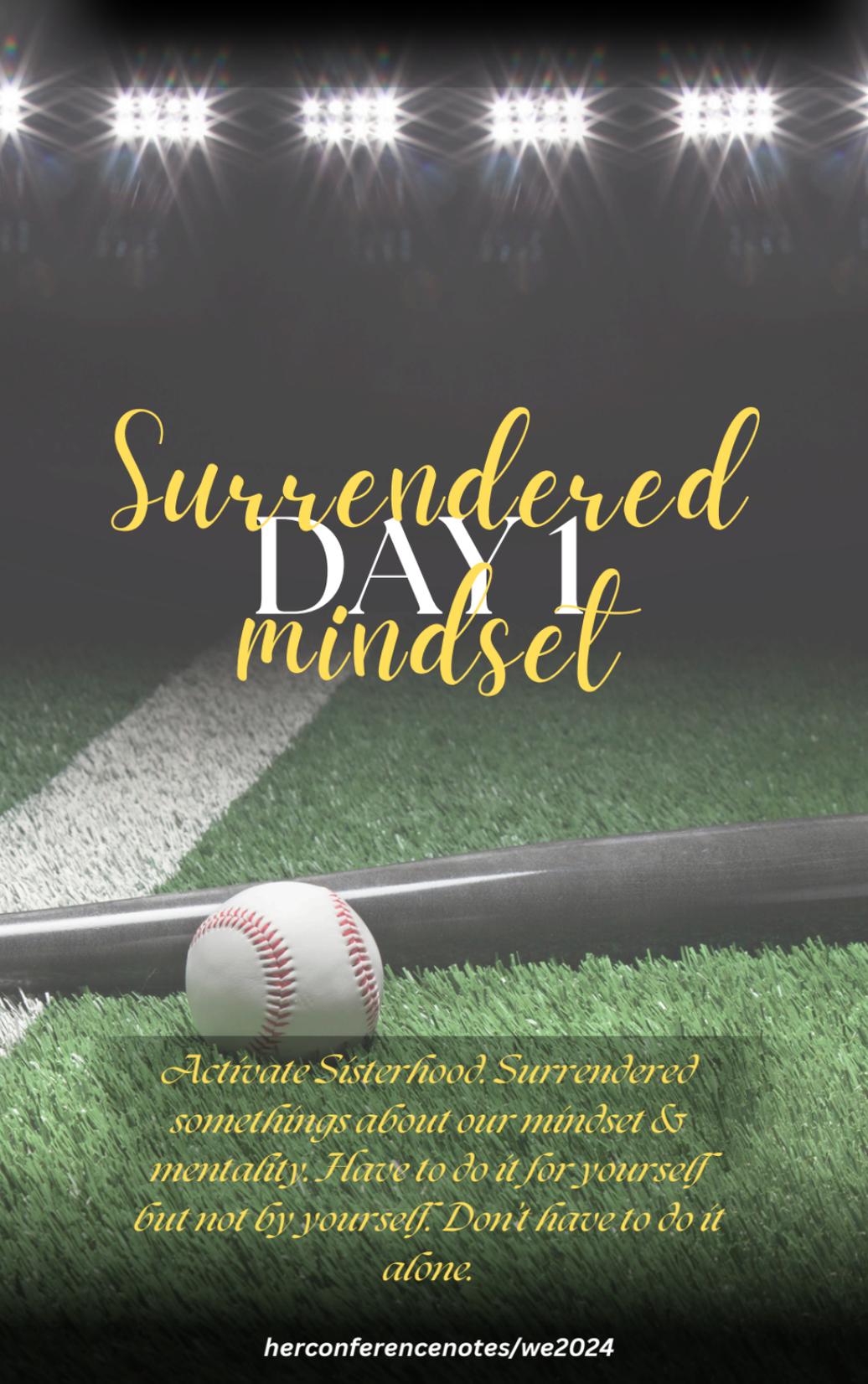
I have sincerely enjoyed putting this together for my W.E. Sisters.

Dr. Anita said we heal through service. This is my service to you. I'd love to hear what you think, so don't be shy! Shoot me an email or slide into my DMs on the W.E. app.

Let's chat!

*Chondrea*

**NOT AFFILIATED WITH THE WOMAN EVOLVE BRAND**

A photograph of a baseball field at night. The top of the image shows a row of bright stadium lights with a starburst effect. The middle section features the text 'Surrendered DAY 1 mindset' in a mix of gold cursive and white serif fonts. The bottom section shows a baseball on the green grass, with a dark wooden base or fence in the background.

# Surrendered DAY 1 mindset

*Activate Sisterhood. Surrendered  
some things about our mindset &  
mentality. Have to do it for yourself  
but not by yourself. Don't have to do it  
alone.*

# MORNING SESSION

## “Remain/Stay/Abide”

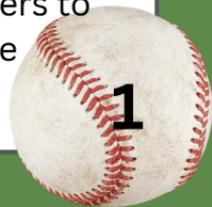
**Speaker: Priscilla Shirer**

**Scriptures: 1 John 2:12-14; v 28 NASB**

**Summary:** Priscilla told us a story about the storm in Gilchrest and showed a photo of the devastation after a hurricane in 2008. Only one house out of 200 remained standing after the storm. When we know who our daddy is, we are able to stand, remain and abide through the storms of life.

### **Key Takeaways:**

- Even with all the ups and downs we have decided that our houses will still stand.
- To longevity faithfulness is important
- Encourage you to stay; remain; it ain't time to quit
- Abide means to stay or remain
- Tea bag analogy – remain or dip in and out; the strength is in the stay and abide
- Stay connected throughout all the seasons of your life, so that when He appears you can have confidence
- There is a season set aside where you are to get to know who your daddy for a firm foundation
- Prophecy to 20-somethings; you will be the truth-tellers for your generation
- He is coming; when he checks my house will I be ready
- The baby zebra is separated with it's mothers to get to know her strips; by His stripes we are healed



- 
- You can't see the power inside of you until weights are added (trouble/storms of life)
  - He lives inside of you and it's time to take shape on the outside of you
  - He is equipping you for something you will be able to withstand (1 John 4:4)
  - He is putting meat on your spiritual bones
  - Someone else is depending on you

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### Questions

1. Do you know Jesus? Do you know your "daddy"?
2. What is the assignment God has devoted to you?
3. Will your house still be standing when the trumpet sounds?

### Action Items:

- Get to know the character of God and his word
- Get to know who your daddy is and was
- Don't be confused by the new configuration or stripes





## AFTERNOON SESSION

### “Paving the Way to Surrender”

#### Moderator: Stephanie Ike Okafor Panel Discussion

**Summary:** Each panelist spoke on a surrender topic.

**Noel Magwood** - *"Surrender Your Will"*

**Dr. Cynthia James** - *"Surrender To Purpose"*

**Nona Jones** - *"Surrender Your Position"*

**Hosanna Wong** - *"Surrender Your Name-I Have a New Name"*



#### Key Takeaways:

- God never called us to carry the weight of the world but cast our cares on Him
- Surrender other people & burdens
- He is resetting the scale and recalibrating the scale back to zero if we trust Him
- Don't depend on the people that broke you to fix you
- Did God authorize the plan you created
- What God puts in us requires our participation
- God's plan is to live in you (Philippians 1:21)
- What you are looking for is looking for you!
- Life expects us to be an answer to a problem
- There's a unique blend inside of you
- God has put eternity in our hearts
- Live life to your fullest; Take the limits off
- Pursue God with a passion; don't confine yourself to one way



- In order to experience rejection you must first have the hope that you were accepted
- Rejection shatters our hope; it breaks our heart
- If you are willing to surrender the position you thought you had, God will make the place where they rejected you the address where favor finds you (1 Samuel 16:14)
- You are the daughter of the God who sees
- No matter who left you in the field by yourself, you serve the God of David; a God who sees you
- No matter who slammed the door, God can open a window; tear off the roof; He owns the whole house
- Don't believe the lie that you are not enough
- The enemy hopes that we believe all of his lies

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### Questions

1. Who are you?
2. Why are you here?
3. What are your special gifts and talents?
4. What is it that you want people to remember about you?
5. What contribution will you make?
6. What will be your legacy?

### Answer to a New Name:

Friend, Chosen, Masterpiece,  
Temple, Messenger, Free, Brand New  
Greatly Loved Child of God



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## FINANCE TALK

### “Say Yes Plan”

Tiffany Aliche, Budgetnista

**Summary:** Your budget is to say “yes” to you just like your mom. She shared 4 ways to plan and 3 ways to make it say “yes”

#### 4 Ways to Plan

**Step 1** - List everything you spend money on; write it down

**Step 2** - Monthly amount of everything on that list; monthly picture

**Step 3** - Add up that list to see what spending monthly

**Step 4** - Take that and subtract from your income

#### Make it say “yes”

##### **Prioritize your spending**

- Do I need it - food, housing, transportation
- Do I love it - moves you and brings lasting joy
- Do I like it - brings joy about 6 mo or less
- Do I want it - instant gratification

(we usually skip “loves” because of likes and want)

##### **Project forward - a noodle budget**

If I had to eat ramen noodles, what would I have to eliminate; i.e., job loss, layoffs, cutting back



## **Automate - Doesn't forget or get an attitude**

Split it before you get it into 4 accounts

- Checking account of spending
- Checking account for bills
- High Yield Savings account for long term goals
- High Yield Savings account for emergency funds

### **Key Takeaways**

- If you are a good student of money it comes to see you often
- May not be able to save at first, but track it well
- Your Say Yes Plan is a way we can maintain
- Money is like a hammer; it can build your financial life or destroy it. You decide
- The power is in your hands
- Money is a tool for a better life
- Make some, give some, save some, invest some
- Live a life of obedience
- God wanted her to learn the empathy to rebuild and of obedience





# FINANCE TALK

## “Savings & Retirement”

### Thasunda Duckett

**Summary:** Life’s jolts are opportunities to change your life. We talk ourselves out of opportunities because we are looking for a “perfect moment”. We need the jolt.

#### Key Takeaways

- Long on love but short on money
- Self-worth should not be defined by net worth
- We rent our title but we own our character
- Fear can be our setback in achieving money goals.
- We have to be ok with being uncomfortable; it’s real easy to opt-out
- Minimum standards turn into minimum mindset
- Give yourself grace for the moment.
- Transfer wealth rather than debt

#### Action Items

- Max out on retirement benefits
- No amount is too small to contribute; the earlier you start the better
- Retirement Security includes savings and investing





**SPONSOR INTERVIEW**  
**Camille Rose Naturals**  
**Janell Stephens, CEO & Founder**  
**Hosted by Wells Fargo Sponsor**

Camille Rose is the #1 Black owned beauty wellness products created with vegan ingredients. She is a sponsor for W.E. 2024 and provided pink totes for the Delegation.

**What are 2 things you wish you knew when you starting her journey?**

*Nothing. If would have known, fear would have prevented from doing anything.*

*Grew at a comfortable pace.*

*Be mindful your body, inside and outside.*

**Share an “aha” moment for Camille Rose**

- Stood still in obedience to God's voice.
- Started formulating products for her kids bleeding eczema. Grew by word of mouth.
- Get rid of guilt of saying “No”
- Ask God to order steps daily
- Be OK with not being perfect and not checking all the boxes.
- Enjoy the blessings God has given us

**What's next for Camille Rose?**

*Skin care launching in 2025 available everywhere*

[camillerose.com](https://camillerose.com)





## GROUP THERAPY

### “Mother Wounds”

**Speaker: Dr. Anita Phillips**

**Scriptures: Genesis 3:16**

**Summary:** "Mother Wounds" – emotional pain passed down through generations of women, starting in Eden. The discussion emphasizes the pressure women feel to shrink themselves, aiming for perfection to avoid hurting others, a pattern rooted in Genesis 3. “I got it from my momma”

#### Key Takeaways

- The term "sorrow" in Genesis 3:16 is unpacked to reveal two meanings: physical pain and emotional/spiritual hurt
- In hurt, offence, objectification & idolatry children were conceived
- The mother wound is not what your mother did to you; we are all wounded from the beginning of time
- The mother-child relationship itself is fractured, and healing requires understanding that this wound pre-dates one's own mother.
- Our mother's were as much a victim of the fall as we are
- Forgiveness has to be apart of the recovery
- Every one of us are born from the seed of the thistle, thorns and weeds from fall and sin of man
- This in no way overlooks the fact that bad things have happened that should not have

- We are born needing a sense of value, emotionally safe and loved.
- What happens while children are in the womb affect the child as well
- All the noise of not feeling safe is a sign of a mother wound
- The wound started in Eden and also we are in pain
- Jesus recognized the trauma from Tamar to the Women at the well
- He got it from His Momma!
- Trust God with your mother and behave differently yourself

### **Areas where wounds Manifest**

- Value, safety and love
- Personality differences
- Privacy boundaries
- Power transition from rules to relationship
- Past trauma from prior generations

### **Key points for healing:**

1. Identify specific wound and seek therapy.
2. Write the wounds down
3. Recognize that your mother may not be able to meet your emotional needs; only God and therapy can heal you.
4. Ask your mom what happened to her
5. Re-raise and nurture the wounded child within yourself.
6. Forgiveness is key
7. We can heal through service to others



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## EVENING SESSION

### “The Moment of Increase”

**Speaker: Pastor Sarah Jakes Roberts**

**Scriptures: John 11:20-28; Luke 22:44**

**Summary:** Grief is the issues with surrender. God is not going to take anything from you without a plan to multiply you. Increase is often disguised as betrayal, heartbreak or loss. You can grieve and believe at the same time.

🎵 **“ANOTHER SURRENDER”** by Naomi Raine 🎵

#### Key Takeaways:

- Sometimes someone else has to let you know you have increased and it's time for you to release into the next stage
- We miss the increase because we are so busy producing and showing up
- Decline comes when we are walking by sight and not by faith
- The more you decline the quieter you become
- Martha was declining in the text. A woman grieving the loss of her plan.
- Jesus cares so much for you that he stopped to have an exchange with her;
- He takes the time to hear your disappointment
- You have to believe something about God that you have never had to believe before.
- Believe he'll give you wisdom and strategy.
- New faith and new belief not recycled belief; your grandmother's faith and belief;



- Believing something in your family no one else has believed before.
- The first step of surrender is grief, belief, then lay it all down.
- Martha had to get a sister Mary who could believe on a level she couldn't believe, though she trusted who He is.
- Your belief can push your sister belief to the next level.
- What God has for you is worth the wait.

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### Questions

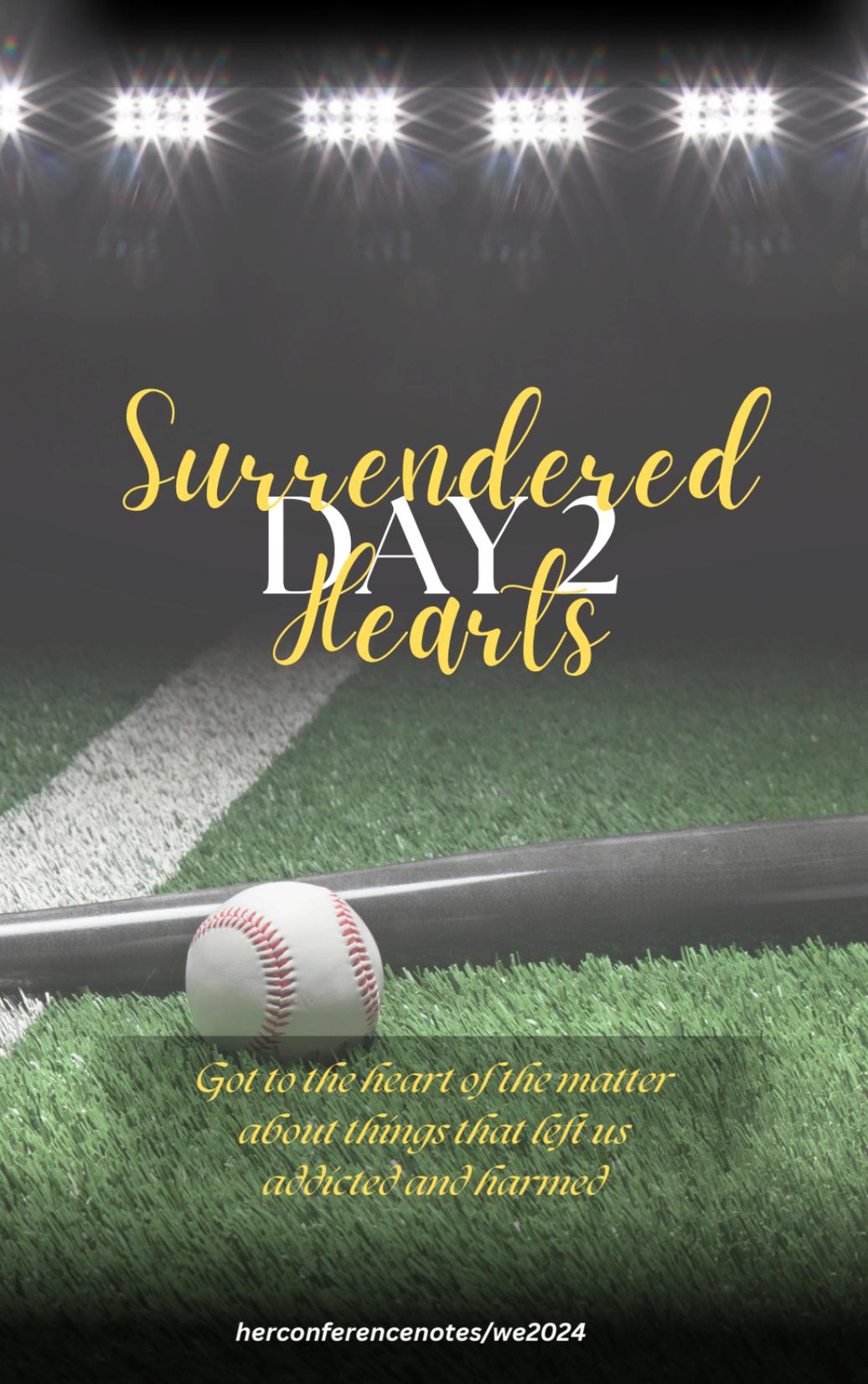
1. Are you missing the decline?
2. What happens when your plan did not work?
3. What do you need to grieve?
4. What is it you need to believe?
5. What is it that I need to pick up?

### Action Items:

- Rest and ask for help
- Lay down your plan or what your life should have looked like
- Declare "I'm going to have to believe something I've never had to believe before"
- Don't miss the moment of increase disguised as heartbreak loss or betrayal.





A photograph of a baseball field at night. The top of the image shows a row of bright stadium lights with a starburst effect. The middle section features the text 'Surrendered DAY 2 Hearts' in a mix of gold cursive and white serif fonts. The bottom section shows a baseball on the green grass next to a dark wooden bat. The background is a dark, out-of-focus field.

Surrendered  
DAY 2  
Hearts

*Got to the heart of the matter  
about things that left us  
addicted and harmed*

**ACTIVE MOVEMENT**  
**Growwithjo, Workout Coach**  
**Hosted by Kayla Wanakee**

**Surrendering to life's unexpected challenges how has it helped you?**

Emergency c-section made her loose herself because of the weight gain.

- Seize challenge to step into your purpose.
- Shine thru the challenge.
- Encourage herself and others. Took her shame and made it her purpose. Fitness routine, committed and consistent.
- The Holy Spirit desires a mansion (body is a temple)
- Movement is the catalyst for joy to step into your day confident.
- Every step built confidence and live in purpose.

You too can move, dance like David danced.

**Follow on IG @growwithjo**



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# MORNING SESSION

## “Freedom Movement”

**Speaker: Irene Rollins**

**Scriptures: Romans 8:28; Rev 12:11  
1 Corinthians 6:12 NLT**

**Summary:** Shared her story about overcoming addiction and how her climb up a mountain taught her so much about life. Addiction crept on her because no one talked about it. It altered her brain chemistry. She was trying to quiet the abused little girl. Emotional intelligence is required.

### **Key Takeaways:**

- Thank God for rock bottom
- Uhuru equals freedom
- Our testimony is going to change lives.
- Testimony = tested and broken through for us and other people
- Hiding made the addiction worse speaking testimony keeps us sober
- We all need recovery from something. It applies to all of us.
- Return to a healthy state of health mind or strength.
- God can do what no man can do
- Addiction is simply a compulsion to numb
- Addiction will try to steal your worship and disconnect you from God
- Recovery applies to us all & for those who want it
- Uhuru is available to you
- God can use your trauma for good (Rev 12:11)
- Childhood issues show up in the present so that you can deal with them
- If you've experienced trauma more likely to experience addiction; consequences are increasing



- Jesus reframed shame and made it grace and unmerited favor
- If you have to hide it you have a problem
- Freedom is a journey not a destination
- Admit you your weakness and brag on your Daddy God
- Do the work
- Consider it's going to be messy but you can do it

### **Own your freedom**

- **Surrender the pain to God and know the pain**
- 
- **Surrender negative self talk**
- 
- **Surrender the pain and the shame**
- **Surrender to the work through rehab and counseling**

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### **Questions**

1. What are you medicating you're shame or pain with?
2. Are you medicating your pain and anger?
3. Are you forgiven and not healed?

### **Action Items:**

- Make a personal decision, "Is it OK for you?"
- In your family talk about it and deal with it
- Counseling, rehab forgiveness





## AFTERNOON SESSION

### “Body Talk”

**Moderator: Dr. Anita Phillips**

### **Panel Discussion**

**Summary:** Panelist were asked questions by moderator

#### Panelist

**Dr. Charis Chambers, Dr. Jill Waggoner-Jones,  
Dr. Amira Ogunleye, Dr. Jasmine Williams,  
Angela Griffith**

***What do you see as most common area women should to surrender to?***

- Declined from one strength to another strength
- Learning something new about what it takes to be well
- Women are complicated and many things can contribute to your health and Wellness
- Advocate for your levels to be checked before prescribed medications
- Surrender to the process of change down
- Don't associate pediatric gyno to sexuality; it's the health of the reproductive organs
- Neglected dental care can lead to serious health issues
- Dental infection can spread into your heart and brain

***What do you want to see women surrender to?***

- Surrender to pleasure
- If we can't learn to experience pleasure in our everyday life we can't learn to experience it in the bedroom
- Your hair is beautiful and unique
- Stress affects your hair follicles



## ***What are some of the biggest misconceptions?***

- That you can't speak up and advocate for yourself
- That you can not speak up to authority and maintain your power
- That illness is inevitable reality is what you do matters
- What you choose to give to your daughters affect the health of your grandchildren and great grandchildren
- You feel pain and it goes away that you're OK and healed
- That we don't need education about our bodies: not enough education about our bodies
- That curiosity is a sin
- Don't traumatize the children over what they can handle
- Black women are 10x more likely to die from oral cancer which can come from vaping

## **Ways To Start Healthy**

1. Start one step at a time; give yourself grace and move towards health
2. Get support with healthy coping mechanisms
3. Get an accountability partner and tell them the truth
4. Surrender to a healthy balanced view of pleasure; song of Solomon is a resource for pleasure within marriage
5. Healthy women in safe marriage should not turn down sex for no good reason
6. His orgasm is not more important than yours
7. Protect your bodies; HIV and AIDS still disproportionately affect black women
8. Reframe our minds that we are deserving of health safety and pleasure
9. Take good care of your body in every way





## PAJAMA PANEL

### “Unpacking Surrender”

**Moderator: Pastor Sarah & Kayla**

**Panelist: Pastor Mary Searight,  
That Chick Angel, Noel Magwood,  
Crystal Hayslett**

**Summary:** Tools for having conversations with your girls after the conference

***If you could give your 25 year old self advice sitting in jammies what would it be?***

- relax God has every desire ahead of you just focus in this moment;
- everything is going to play out the way God designed;
- drop the timeline and pressure; don't rush;
- You are more than enough; learn who you are;
- stop trying to make him something he ain't;

***What are your go to comfort foods or snacks you need to surrender but never will?***

- Bread and ice cream
- Lays potato chips with hot sauce and a little vinegar
- shake shake burger and cheese fries
- twizzlers and French fries;



### ***What have you had to grieve while you achieved?***

- Grieved your plans and timeline
- people see your glory not your story
- surrender to God the people that couldn't go with you
- the transparency backfires
- despite what others see what God sees is most important you realize you still growing but people want to convict you. I may not be perfect but I'm hungry.

### ***How do you come to a space where your friendships have depth?***

- Trust God as the manager of your friendships to reveal people
- sometimes it's a struggle to allow others to help
- it's OK for loving you to be expensive
- give language to your needs
- What role has mentorship played in your life?
- Reaching out for development is mentorship the evolution of you
- some things are taught and some are caught

### ***What role has mentorship played in your life?***

- Reaching out for development is mentorship the evolution of you
- some things are taught and some are caught
- Don't let the world limit you God has a plan you don't have to know where you are going or what you are doing

**Pastor Sarah asked Kayla to pray them out**

**[Pajama Panel Payer Link](#)**





## EVENING SESSION

### “Surrendering the Assignment”

**Speaker: Pastor Sheryl Brady**

**Scriptures: Judges 6:12-7; Romans 8:28; Luke 12:9**

**Summary:** You can not be apart of a moment called Woman Evolve and not evolve. God has given us an assignment and we must answer the call. He has given us everything we need for the journey.

#### **Key Takeaways:**

- The word will stick with you at your lowest point
- Quit worrying about strength you don't have and use what you got
- Every blessing is just on the other side of surrender
- God calls for another level of surrender that requires change
- Stop living in denial; the blessing doesn't come where you are but where you are supposed to be.
- God chose you and ordained you; you have been purchased with a price
- You don't get success without sorrow; the wheat and the tear grow together in fellowship of his suffering
- You can't use what you got if you don't know what you got
- The fact that you are in a fight means God has empowered you



- Any time the fight seems ridiculous it's a sign of who you are and what you have in God
- Fear will paralyze you. You have to talk back to fear. God has not given us the spirit of fear.
- When God calls you it challenges, you to go beyond your abilities.
- God has His treasures in earthen vessels.
- Greatness has to first be isolated.
- You don't really know who you are and don't ask people.
- You can't be apart of a movement called Woman Evolve and not Evolve

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### Questions

1. Who am I?
2. What does the devil know about me that I don't know?

### Action Items:

- Check fear before it leads to panic.
- Ask God who you are; not people
- Don't forget to remember

### Powerful Prayer

T. Renea Glenn

click [the link](#)





A photograph of a baseball field at night. The top of the image shows a row of bright stadium lights with a starburst effect. The middle section contains the main text in a mix of serif and script fonts. The bottom section shows a baseball on the green grass next to a dark wooden base.

*Surrendered*  
**DAY 3**  
*eyes ears*  
*hands*

*We surrendered our ears and  
opened our eyes, now it's time to  
surrender your hands*

## CO-ED PANEL

# “Faith and Surrender”

**Panelist:** Kyle Campbell, Kobe Campbell,  
Morgan DeBaun, Isaiah Roberts, George Searight  
**Moderator:** Pastor Stephanie Ike Okafor

**Summary:** Q&A on surrender for real life situations and circumstances

### Questions asked:

- What does surrender mean to you?
- why are we afraid for others to know we are in pain or that we feel pain?
- How would you speak to Shame?

### Key Takeaways

- There is a purpose for your life
- God saves you with a miracle to show who he is but takes you through a process to heal you and get restoration
- The voice of suicide is sneaky.
- God will speak to you through someone else's story.
- God's love is pursuing after you
- Takes time to learn what you have to surrender to God
- The surrender is based on the design God has for your life
- A personal encounter with God will show the lies the enemy speaks to you and about you
- Replace shame with radical vulnerability



- Remember we are also dealing with pain and brokenness
- Emotional real estate in the relationship can cause a disconnect if it isn't balanced
- Marriage is for healing
- There are moments when you need to be slow down
- There are seasons you are supposed to be held back
- You experience more joy when you surrender to the season and let go of certainty
- Surrender to comfortability
- Shame is an emotion that tells us our ability to connect was at risk.
- Face the fear and speak back to it with action.
- God will take your shame and validate you.
- For every king there is a prophet, except the prophets I sent you (Kyle Campbell)
- We have poor biblical literacy
- God sends you someone to help you with the tension and to advance the mission
- His healing is for him (husband) and not so he can be better for you.
- Do you want him to be healed even if it doesn't benefit you personally? (Kobe Campbell)
- Your femininity and ability to receive is your beauty
- There is something in your spouse that's there to heal you
- God wants to go on a journey with you



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## CLOSING SESSION

### “Down is the Way Up”

**Speaker: Pastor Toure Roberts**

**Scriptures: John 10:10; John 12:20-24;**

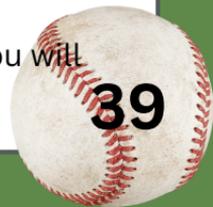
**Psalms 126:1-5; Eccl11:14; Ish 54;**

**Acts 9:18; 2 Kings 16:18**

**Summary:** Surrender is a strategy; it's the key that will unlock exceedingly and abundantly. Walk out surrendered and into abundance. Abundance is your portion and it equals more than enough. Down is the way up because the seed of abundance is sacrifice.

#### **Key Takeaways:**

- Sacrifice is mere; underwhelming
- Surrender and sacrifice is just a test period; the blessings of the Lord makes it rich and add no sorrow.
- Those who sow in tears reaps and joy
- The enemy keeps you from sewing on fertile ground
- It feels and looks risk but God already qualified the risk is worth the reward
- If you regard the wind you will never sow and reap your abundance
- Shift your perspective of surrender. The cost of the next level is the sacrificing of the level you are on.
- Your surrender is the bridge to the next level. You are the bridge.
- Each time is harder. Not continually but to deeper degrees.
- Scripture except a grain falls to the ground and dies (worship language)
- God is going to change the way you see him. You will recognize he is faithful.



- God's goodbye is a good buy.
- The scales over your eyes is keeping you from seeing the abundance
- God will give you your sight back
- Pray for God to open your eyes
- There is always backup attached to your surrender
- When he opens your eyes you are going to be undetectable to your enemy
- God is enlarging your capacity
- You don't measure the prophetic word it measures you because it knows the future of you

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### Questions

1. What are you willing to give up for the abundance assigned to your life?
2. Can you stand the idea of God not being with you?

### Levels of Surrender

1. Make the move
2. Humbles
3. Obedient to death
4. Even the death on the cross
5. Therefore God has highly exalted him

**The key of to surrender is trust!! You have to trust in order to surrender**





## FAREWELL

### “4th Day - Remove the Stone”

**Speaker: Pastor Sarah Jakes Roberts**

**Scriptures: John 11:39**

**Summary:** Day one we surrendered some things about our mindset and mentality. Day 2 we got to the heart of the matter; things that left us addicted and harmed we surrendered our hearts. Day three we surrendered our ears and eyes opened. One more thing to surrender ! The revelations are still fresh and must be cared for and nurtured. The revelation will require care protect the mentality and thought posture. Your weight is cultivated in privacy and time with God your job is to allow it to grow.

#### What happens when you leave?

- 4th day of Lazarus death was final
- On the 4th day is critical movement in your development.
- You gotta go from the womb back to the tomb.
- Take the stone away Jesus was talking to Martha and Mary.
- When he asked you to do something crazy stay locked in to his word, so you don't lose the revelation.
- Sometimes Jesus asked things of women that may not be custom.
- If you run from the hard stinking stuff but the word has the power to bump up against it.
- Surrender to the process of making this a movement.
- Get your weight up. You're sitting season is over.
- Do the taking in God will do the blessing.
- Surrender your hands. Partner with God. You got hands that can do the work.
- Only you can give him permission and access to dead places in your life.
- Put your to work; power is in your hands.





## *more resources*

Check out clips from the conference  
on tiktok

[Woman Evolve 24 Recap](#)

Replays will be available on  
[WomanEvolveTV](#)

Use code “Release24” for a discount

*I encourage you to pair the notes with  
the videos to gain more insight into the  
word of God and how it applies to your  
life. Stay Surrendered, Sis!!*

*Chondrea*

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# herconferencenotes

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# Meet the NoteTaker

## Chondrea Black

Chondrea Black is a Christian author, speaker, and advocate with over 30 years of experience in banking, where she has risen from teller to Vice President of Credit and Compliance. She is the author of "*God is REAL...You Don't Even Have to Wonder*", a powerful memoir about her journey from tragedy to triumph, offering encouragement and faith-building lessons. Married for 31 years, Chondrea is a devoted wife, mother, and grandmother. She is passionate about helping women deepen their relationship with God, especially those navigating loss and seeking purpose.

