



REMONA ANTOINE

INSPIRATIONAL SPEAKER · MENTOR · AUTHOR



Remona is a wife, mother, author, engaging speaker, trainer, and an active community volunteer based in the Washington DC, Metropolitan Area. Her goal is to encourage her audience to identify their purpose, serve with balance and excellence, and persevere in hope.

Remona has various culturally diverse experiences. She came from an immigrant family and was raised in a rough neighborhood in NYC. Remona attended two Ivy League Schools and worked with the federal government for fourteen years. She had various assignments in Europe, Latin America, and the Middle East. She was set free from an abusive marriage, was a single mother for three years, and now has a blended family. Having experienced forgiveness from God and from people and finding acceptance, peace, and satisfaction in Jesus, Remona now is empowering others to overcome challenges. She loves helping young and older find hope.

Her book "Equilibrium: A Biblical Guide for the Weary to Find Rest" offers readers a faith-based guide to mental, physical, and spiritual rest. (Available on Amazon)



SPEAKING TOPICS

- Equilibrium: How the Weary Can Find Rest
- Hope, Optimism, and Growth Mindset
- Collaboration in Challenging Circumstances
- The Value of Perseverance
- The Value of Mentorship and Advocacy
- Worship as a Lifestyle
- Discipleship in the Workplace