

A portrait of Quána Madison, a Black woman with a short haircut, wearing a red turtleneck sweater. She is smiling and looking towards the camera. The background is a light-colored wall.

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# Quána Madison

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**Fine Art & Consulting**

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Artist. Author. Speaker. Model.

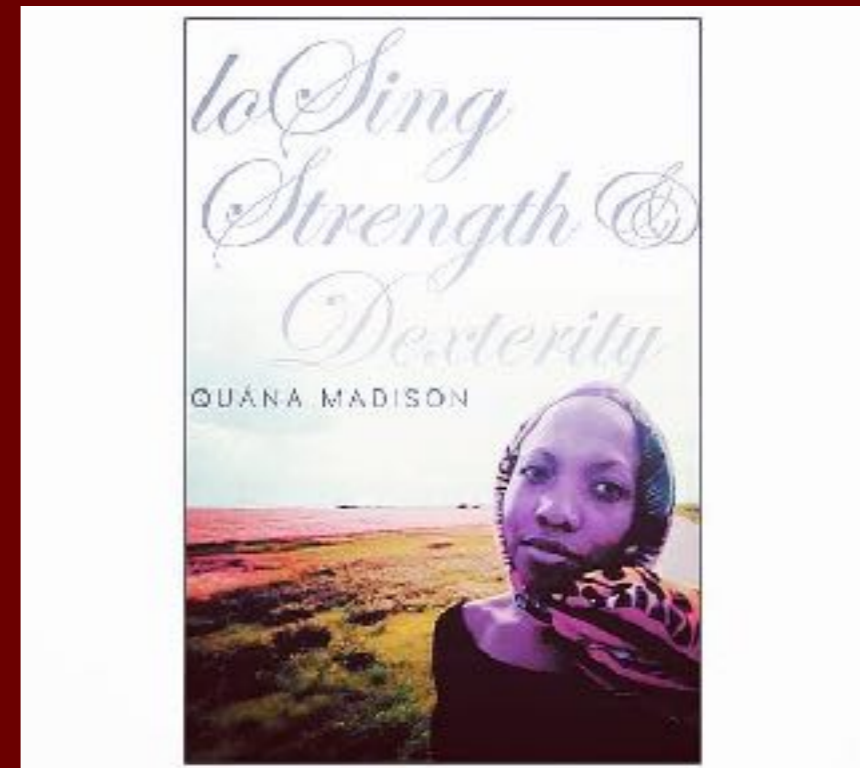
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Expressive Arts Facilitator.

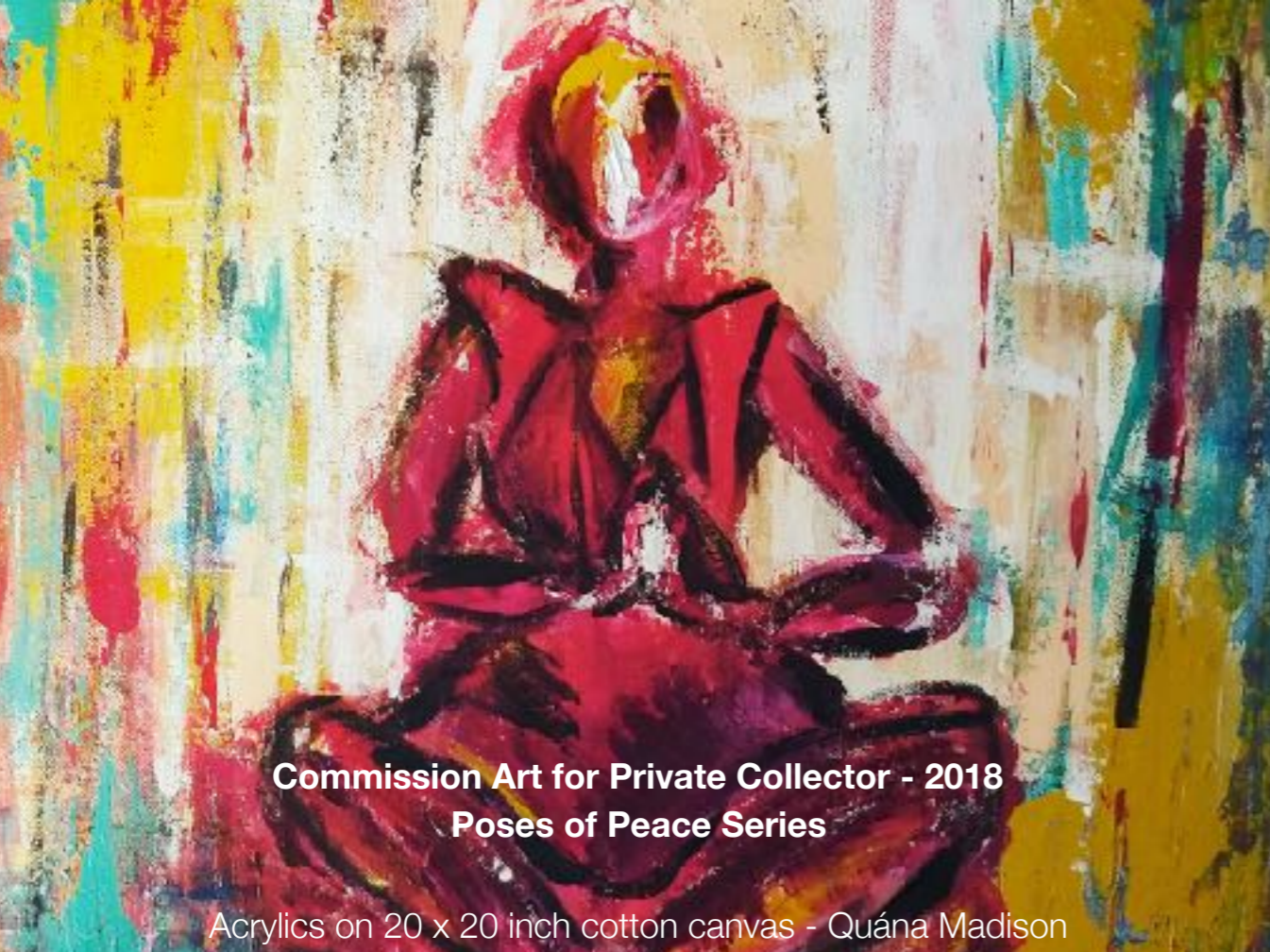
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*Live Painting Event in Tulum, Mexico*



*LoSing Strength & Dexterity, Inspirational Memoir*



**Commission Art for Private Collector - 2018**  
**Poses of Peace Series**

Acrylics on 20 x 20 inch cotton canvas - Quána Madison



**Feeling Loved, Safe and At Home - 2019**



**The Art of Self Love - 2019**

Acrylics on 24 x 36 inch cotton canvas - Quána Madison



## Who is Quána Madison?

Quána Madison, expressionist artist, author of the book, *LoSing Strength & Dexterity*, speaker, model and expressive arts wellness facilitator has transformed her life after developing debilitating chronic illnesses that resulted after surgical treatments for the beginning of breast, ovarian & uterine cancers.

Her new invisible disabilities caused her personal and professional life to collapse. Quána was forced to reinvent her life. Embracing the arts became a bridge towards wellness and creating a new path forward.

Quána has been sought-after for keynote speaking due to her inspiring story, warm-hearted poetic tone, valuable advice and positive personality that is the soul of her artistic brands. She believes in uplifting individuals to support their personal growth and fulfillment of meaningful potentialities.

Through art-making, commission art, living painting, expressive arts wellness workshops, and speaking she has inspired individuals to engage the arts as a tool to support emotional wellness and personal transformation.

# Background

In 2015, Quána exhibited early cancer warning symptoms during her PHD program at the University of Colorado Boulder. After becoming severely ill, she was diagnosed with BRCA1, ATM and NBN cancer genetic mutations. In 2016, she had an emergency hysterectomy, oophorectomy and double mastectomies. She underwent multiple breast reconstruction procedures and experienced necrosis of her remaining breasts. 3 months after surgical treatments, she barely survived a spontaneous vaginal cuff dehiscence and evisceration. While bleeding out to death from this rare surgical complication, Quána had an extraordinary out-of-body near death experience. The experience was transformative and restored her faith in the sacredness of life.

By January 2017, she was diagnosed with fibromyalgia, autoimmune disease, chronic pain syndrome, chronic fatigue syndrome/myalgic encephalitis, and peripheral neuropathy. Doctors informed Quána that she has a shortened life expectancy due to her complex health landscape. The compounding impact of her incurable chronic illnesses caused her life to completely fall apart. In April 2017, she discontinued her PHD due to debilitating health reasons. This marked the beginning of her post-traumatic growth journey. Quána experienced positive transformation during her post-traumatic growth journey. She embraced expressive arts as a bridge to creative coping and emotional wellness as she reinvented her life.

Quána believes that authentic arts engagement at any and all ages can promote physical, emotional, mental, spiritual, communal and societal well-being. Expressive art-making combined with self-care practices, mindfulness activities & emotional wellness knowledges are powerful tools that can support an individual's personal growth journey.

As a person living with debilitating invisible disabilities, Quána aims to inspire others through her art-making, live painting, speaking engagements and expressive arts wellness workshops. She shares her experiences, insights and positive energy with the intention of encouraging others to keep taking steps towards fulfilling their own dreams and potentialities.

Quána Madison has over 15 years of experience working in public, private and international school settings and higher education spaces. She has served in a variety of leadership, teaching and advocacy roles. A graduate of New York University and Colorado College, Quána holds an MA in Education and a BA in Philosophy. Born in Kansas, raised in Missouri, a former New Yorker and Shanghai expatriate, she now resides in Denver, Colorado.



**Birthday Party - 2019**

Acrylics on 36 x 48 inch cotton canvas -  
Quána Madison



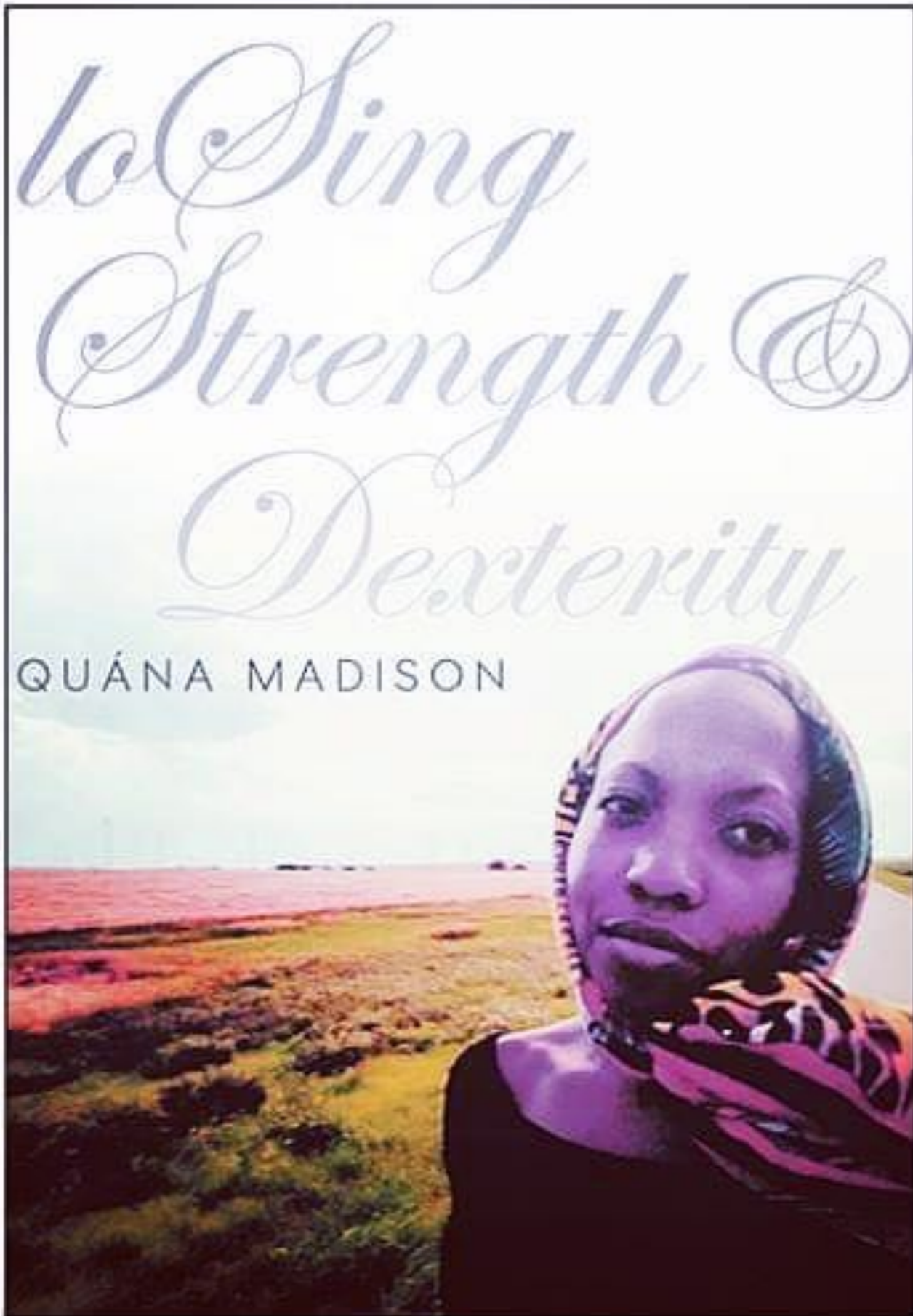
**The Art of Self Love - 2019**

Acrylics on 24 x 36 inch cotton canvas -  
Quána Madison



**Transformation - 2019**

Acrylics on 24 x 36 inch cotton canvas -  
Quána Madison



## About the Book

*LoSing Strength and Dexterity* is a journey through pain, suffering, creative coping, and searching for inner peace told through narrative letters, poems, and personal reflections. Drawing on her deeply personal experiences, author Quána Madison explores what it is like to live with disruptive chronic illnesses resulting from surgical treatments for breast, ovarian, and uterine cancer.

Armed with courage and unwavering resilience, Quána confronts and mourns the death of her former life, while opening her heart and mind to a new horizon. Inspired by the arts and living expressions of Ubuntu in her communities, Quána navigates complex traumas and embraces personal transformation in this inspiring, validating, and revelatory read.



# Live Painting Service

Transform your event into a memorable and inspiring experience by booking expressionist artist, Quána Madison for live action painting with music. Inspire your guests, clients, patrons or attendees at your next private party, fundraising gala, corporate happy hour, client event, musical performance or special occasion with Quána's live painting as a centerpiece or ambient aspect of your event.

Quána passionately engages her audiences before, during & after live painting to support your event goals. Each live painting experience is customized to meet your specific needs. Tell Quána your creative vision for live painting at your next event.



## Commission Art Service

Quána creates expressionist artwork for private collectors, professional art-buyers, homeowners, businesses, hotels, healthcare facilities, government agencies and non-profits. She also creates art as gifts for special events such as weddings, galas, anniversaries, housewarmings, birthdays and memorials. She works closely with you to create a meaningful work of art that you will love. What emotional quality do you want the art to have? What colors are important to you for this project? What is your budget? What is your timeline? Quána will work with you from ideation to installation.



# Expressive Arts Wellness Workshops

Quána Madison provides a variety of engaging Expressive Arts Wellness Workshops that increase happiness, self-confidence, relaxation and positive ways to manage emotions. Arts expression reduces stress. Sessions are explicitly designed to promote creativity, self-esteem, self-awareness, self-care, emotional well-being, personal expression, creative thinking and interpersonal abilities.

All workshops combine art-making with other creative expressions such as personal narrative writing, movement, music, poetry, drama, collaborative sharing, visualization activities, guided meditation, socratic discussion, responding to curated artworks and mindfulness prompts.

Expressive Arts focus on the process of being creative rather than the product that results. It is for everyone and does not require art training or “talent” in art. Workshops are customized to meet your goals and logistical needs. Sessions can be formatted for small groups, large groups, or 1-on-1 sessions. Quána works with all ages and can adapt activities to be inclusive for diverse learners and unique participant needs.





# Inspirational Speaking

Quána shares real life experiences, candid struggles and inspirational perspectives on a variety of topics that promote self-worth, self-esteem, self-care, personal transformation, post-traumatic growth, resiliency, self-actualization and embracing the Arts as a tool for wellness. Quána is a breast, ovarian and uterine cancer previvor/survivor. She had an extraordinary near death experience due to a rare surgical complication during her treatment.

Quána developed incurable debilitating chronic illnesses after enduring an emergency hysterectomy, oophorectomy, double mastectomies, breast reconstruction, necrosis and life-saving surgery. Her new invisible disabilities disrupted her entire life. Expressive arts brought her soul back to life. She believes arts engagement is a powerful tool that promotes holistic well-being, inner peace and personal transformation. Inspire your audiences by booking Quána for your next speaking event.

# Quána Madison

## Fine Art & Consulting

| Artist | Author | Speaker | Model | Expressive Arts Facilitator |

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**SCHEDULE A FREE CONSULTATION TODAY!**



**Birthing New Beginnings - 2019**

Acrylics on 24 x 30 inch cotton canvas - Quána Madison