

Min. Carenda Deonne, NCPMT

Min. Carenda Deonne is a dynamic speaker, author, TV personality, and HR Professional who has been empowering women for over twenty years. Specializing in helping women transform stress into strength through her signature S.M.I.L.E. Method, Carenda's passion for guiding women to embrace their purpose is at the heart of her work. With a deep background in both local and federal government and over seven years of experience in Human Resources, she has dedicated her career to creating lasting impact.

One of Carenda's personal favorite quotes is, "If your shoes are untied you will trip, if they stay untied you will fall. Don't be your own stumbling block."

Carenda is a certified mediator through The National Association of Certified Mediators (NACM), the world's largest professional certification body for mediators. She is skilled in negotiation, communication, and conflict resolution—tools she brings into every area of her life. A graduate of The Fashion Institute of Technology, where Michael Kors & Calvin Klein attended, she holds a Bachelor's in Marketing and a Master's in Law (Alternative Dispute Resolution) from Regent University. Carenda combines business acumen with a passion for advocacy and personal growth.

Carenda is an active member of the Gaston Business Association and the Professional Women's Association in Gastonia, NC. She is also an accomplished author of four books, including *Soul of a Poet*, *Perfect Patty Messed Up Devotional*, *Winning the Battle Within*, *A Woman's Guide to Emotional Detox*, and *Silenced Voices: Overcoming Obstacles for Women in Ministry*.

Recognized for her leadership, Carenda has received the A Lady of Influence Inc. Award of Excellence and is a frequent guest on WCCB-The CW in Charlotte, NC. As the host of Insight Talk on Instagram, she connects with audiences, offering inspiration and actionable advice. Through her company, She Talks Purpose, Carenda has launched powerful programs such as *30 Days to a Happier, Better You*, designed to decrease stress, build emotional resilience and increase your mental and heart health.

In her personal time, Carenda enjoys writing poetry, with her latest work, *Feast at the Table of Victory*, gaining widespread attention on YouTube. She currently resides in Gastonia, NC, where she is an active

member of Excel Church. She Talks Purpose proudly partners with Women with Vision, a charitable organization dedicated to uplifting women.

For more information, visit www.shetalkspurpose.com