

# **Fredlena Humphrey, M.Psy**

**Entertainment Manager for SupaDAVE/Public Relations Executive at P31 Bound**

Norfolk, Virginia Area, VA, US

Founder F2mSoul/ Ministry Analyst, Social Media & Marketing Director, Public Relations Professional

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## **Biography**

The saying goes pressure either bust pipes or makes diamond. This mother of three has allowed the pressures and obstacles of life to truly make a diamond. Fredlena Marie Smith is an established writer, Regent University Graduate, Certified John Maxwell Speaker, National Church Consultant, and social media marketing expert that has allowed her undying faith in and love for God to preserve her through various trials.

Whether it be the survival of Breast Cancer, loss of her infant son in 2005, surviving two strokes, her Regent Diploma's, or her social media certification from Hootsuite, John Maxwell Gold Circle Speaker, life and her willingness to continually better herself qualifies her to minister in various capacities as CEO of F2MSoul (Force2Move Ministry Consulting & SOULutions).

God has since birthed a passion within her to since churches within the body of Christ with the proper structural foundations spiritually to maximize the effectiveness of the ministry. This has placed her in front of many great men and woman of God that she has inspired to effectively structure their leadership and their ministry. God has chosen this diamond to shine in such a time as this to help usher in his return.

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## **Availability**

Keynote, Panelist, Workshop, Corporate Training

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## **Industry Expertise**

Public Relations and Communications, Religious Institutions, Women

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