

# DR. Q. PERRY

QuaVaundra Perry, PhD, ABPP

Board Certified Psychologist  
Author & Speaker



Dr. Q Perry @DRQPERRY QuaVaundra Perry

Dr. Perry is a board certified and Christian psychologist who specializes in mood management, relationship dynamics, and living faith out loud. Having gone through several of her own life transitions, Dr. Perry understand the pressures of life, work, and relationships. She enjoys inspiring and challenging people to be excellent without having to be perfect. She brings a warm and raw style to give her audience insight and empowerment to **THINK** about the contents of their heart, **GROW** into change, and **LIVE!**

## Signature Talks & Topics

- ✓ Riding the Emotional Roller Coaster
- ✓ Building Relational Wealth
- ✓ Self-Care Redefined
- ✓ Mastering the Emotions of Leadership/Entrepreneurship
- ✓ Mental Health In the Black Community
- ✓ Sacred Serenity: Keys to Spiritual Wellness
- ✓ Growing Through Grief

## Previous Collaborations

Dallas Cowboys Football Club  
US Dept of Veteran's Affairs  
Mom N Play Night Tour  
University of Texas at Austin  
Tulane Univ School of Medicine  
Criswell College

One Community Church  
XULA DFW Alumni Chapter  
Hilliard Solutions  
Strong Black Women Wellness  
Believe Psychology Film Fest  
The Jubilee Church

Pearls By the Lake Foundation  
Branding 4 Abundance  
Why Not You Academy  
Seeds of Greatness Church  
Collin County Psych Assoc.  
Women of Faith in Business

Get In Contact with her TODAY!

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