Valerie is a Unity minister and spiritual consultant who delivers exciting, relevant life lessons on Unity principles and spirituality. She specialized in Youth and Family Ministry. Rev. Valerie leads classes and workshops on based on universal Truth principles as well as resilience, peacemaking, positive parenting, personal transformation and healing for adults, youth, and ministries.

Rev. Valerie has created spiritual curriculum for youth, young adults, and adults.

Rev. Valerie empowers individuals to transform their life through the creation of personal Vision, Mission Statements and S.M.A.R.T Goals, along with the use of conscious living skills based in positive psychology and brain science. Valerie has used these techniques for over seven years in the Resilient Family Program where over 200 adults begin to shift their consciousness, which changes their life as well as their families.

She is the co-director of the Resilient Family Project an empirically validated strengths-based program focused on resilience and compassion, communication, mindfulness, and child management skills. This program has been expanded to include Resiliency in Ministry, a program which enhances lay leader and minister skills.

Rev. Valerie is a Reiki Master, Oneness Blesser, and essential oil distributor. As a Reiki Master, Valerie creates sacred ceremonies with attunements, hands on, and informational instructions on all levels of Reiki. Valerie uses energy healing and prayer daily in her own life. She was fortunate to learn about healing herbs and other healing modulates from the healing elders in her life. Valerie uses this knowledge to assist others in learning to shift their energy, strengthening and healing the physical, emotional, and mental bodies.