



Sheila Qualls Bio 2026

Sheila Qualls is a life coach, writer, and intriguing speaker who brings inspiration, hope, and a clear understanding of how much Jesus loves you. She helps women exchange lies about their circumstances for truth and gain a deeper appreciation of who they are in Christ.

You'd never know it now, but for years Sheila felt like she was never good enough because she let hard circumstances define her. She thought her circumstances made her defective. When in fact, they made her the perfect person for the job.

We all deal with circumstances that have the potential to hijack our lives. Your circumstances affect the way you see yourself and the way you relate to others. But they don't define you. Recognize the lies you've been believing about yourself and exchange them for the truth of who God says you are.

She inspires women to learn from her mistakes and gain a deeper appreciation of who they are in Christ.

She's coached and mentored countless women, led Bible studies, and served in leadership roles with Bible Study Fellowship and in her church.

Sheila has been married to her husband Kendall for 40 years. They have five adult children and two grandchildren. They live in Medina with their black lab Largo.