

PRESS KIT

Qiala Patrice

AUTHOR • SPEAKER • FOUNDER

You didn't lose yourself.
You forgot to look.

Qiala is the author of *First Name, Not Mom* and a speaker who helps women reclaim who they were before the labels, the roles, and the quiet disappearing act of motherhood.



Booking & media

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OFFICIAL MEDIA BIO

About Qiala

Qiala Patrice is an author, speaker, and the founder of Still Becoming Media. Her debut memoir, *First Name, Not Mom: The Rebirth Guide Back to You*, invites women to remember who they were before the roles, the labels, and the quiet disappearing act of motherhood.

Qiala writes from the intersection of identity and motherhood, honoring how women actually experience reinvention rather than how we are told to perform it. Her C.O.M.B. Method (Call Her Back, Own Your Time, Move Scared, Become) is the heart of Comb Through, her 12-week program, and gives readers, clients, and audiences a practical way back to themselves.

Alongside her writing, Qiala holds dual MBAs in Organizational Leadership and Project Management, is a certified Pilates mat instructor, and a licensed cosmetologist. She lives in Georgia with her husband and teenage son, where she is working on the next two books in her trilogy.

She does not come as a performer. She comes as a witness.



HIGHLIGHTS

Debut Book Launch

January 2026

Book Signing, The Vibrary

February 2026

Comb Through 12-Week Program

Enrolling soon

SHORT BIO

For programs and intros

Qiala Patrice is the author of *First Name, Not Mom: The Rebirth Guide Back to You*, the founder of Still Becoming Media, and the creator of Comb Through, a 12-week program built on her C.O.M.B. Method. She helps women reclaim their identity beyond the roles they carry. Her work sits at the intersection of motherhood and identity, shaped by her own midlife reinvention.

ONE-LINER

For social and emcees

Qiala is the author of *First Name, Not Mom* and a speaker who helps women reclaim who they were before the labels, the roles, and the quiet disappearing act of motherhood.

Qiala's Keynote Topics

Every audience is different, but the core of Qiala's message stays the same: helping women remember who they were before the roles, and giving them a way back. Each talk is rooted in her book and the C.O.M.B. Method, and can be adapted for conferences, retreats, corporate wellness, and faith communities.

C

Call Her Back

O

Own Your Time

M

Move Scared

B

Become

1 Name It to Claim It: From the Audience to the Stage

Qiala had already written her way back to herself in *First Name, Not Mom* when she sat in an audience at work, watched a woman speak, and knew what came next. This talk is for people who have made work their whole world and stopped asking what they want for themselves. You are allowed to want something. Name it, and you can start to claim it.

BEST FIT Corporate events, women in leadership, employee resource groups, professional development days

2 The Questions She Stopped Asking

Rooted in Call Her Back, the first phase of the C.O.M.B. Method, this talk is about the quiet cost of stopping. Somewhere in motherhood, Qiala stopped asking what she wanted, what was true, and who she was becoming. When she started asking again, she became a better mom. Audiences leave knowing that finding yourself does not take something from your kids. It gives them something.

BEST FIT Women's conferences, parenting communities, mom-centered retreats, faith events

3 Move Scared

Fear of failing. Fear of disapproval. Fear of not being good enough. Qiala felt all of it while writing her book, and did it anyway. She set a deadline she would not miss, booked the signing before she felt ready, and kept it quiet until it was done. This talk gives any audience simple moves to stop waiting on courage and start before they feel ready.

BEST FIT Any audience: conferences, retreats, corporate teams, community and faith events

THE WORK

The Book and the Program

THE BOOK

First Name, Not Mom

The Rebirth Guide Back to You

A memoir and a mirror for the woman who has given everything to everyone around her and quietly wondered what is left for her. Twelve short chapters, written to be read slowly, in between the real moments of a life.

Still Becoming Press • January 2026 • Paperback and Kindle

THE PROGRAM

Comb Through

A 12-week program built on the C.O.M.B. Method

Twelve weeks, one-on-one, with the book as the guide. Women move through four phases, Call Her Back, Own Your Time, Move Scared, and Become, and leave aware, restored, visible, and whole. For the woman who has read the book and doesn't want to do the rest alone.

LET'S CONNECT

Media & Booking Inquiries

For interviews, podcast features, speaking invitations, and media requests, please reach out directly. Qiala personally reviews every inquiry and will respond within five business days. High-resolution photos are available at qialapatrice.com/press-kit.

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