

Westina Matthews, Ph. D.



Westina Matthews is an accomplished Wall Street executive, author, public speaker, retreat leader, and spiritual director who owes her success and happiness to “a little faith” – and the power of the mustard seed.

For over 25 years, Westina has turned her passion and creativity into realities for so many in the community at large. She has received numerous honors for her achievements in the boardroom and commitment to community service. Westina currently serves on the boards of Shalem Institute of Spiritual Formation, KidSpirit, the International Women's Forum, and the University of Dayton. She has been interviewed or featured in *The New York Times*, *Working Women*, *Financial World*, *Bloomberg*, *Essence*, *Black Enterprise*, *DiversityInc.*, and *Ebony*.

Westina earned B.S. and M.S. degrees in education at the University of Dayton, Ph.D. in Education from the University of Chicago, and served as a postdoctoral research fellow at both Northwestern University and the University of Wisconsin at Madison. She is a graduate of the Shalem Institute for Spiritual Formation.

She is the author of three books and one audio CD in the Have A Little Faith series; included in each book is a packet of mustard seeds. Two of her most recent articles are “Seeds of Grace” (*Essence*, July 2008) and “Finding God at Starbucks” (*Sacred Journey* (December 2007/January 2008)).