



Unbreakable Crowns Resilience Award Winner

Quen Finney

Military Children 2025 World Expo

To every woman and man who wears their resilience quietly but boldly — this honor is for you, too.

The Unbreakable Crowns Resilience Award recognizes not only the triumphs we can see, but the daily courage we often cannot. Whether you're holding a home together during deployment, lifting others while carrying your own unseen battles, or rewriting your story after grief or hardship — your strength

matters. You matter. And like Quen Finney, you wear a crown that may be invisible, but it is absolutely unbreakable.

Meet the Winner: Quen Finney

Military spouse. Mother. Healer. Advocate. Leader.

Quen Finney, a military spouse of 11 years and mother of two, deeply understands the complexities of military life, particularly during her husband's deployments. Yet through every challenge, Quen has stood tall — maintaining her home, raising her children, and pouring herself into service, education, and advocacy.

Upon moving to San Diego, she originally aimed to finish a healthcare degree. But her heart called her to a greater mission: supporting people through life's most vulnerable transitions. She pivoted to pursue a **Bachelor of Arts in Educational Studies with a focus in Community Health at ASU**, while also volunteering and teaching art.

Her resume is as diverse as it is powerful:

- Case manager for long-term offender reentry and recovery
- Child abuse and neglect caseworker
- Art and theater teacher
- Compliance manager and policy advocate
- Trauma-informed yoga instructor
- Trained death doula for end-of-life support
- Sound healer and holistic coach

Quen's efforts are deeply rooted in systemic change. She is a vocal advocate for prison reform, veteran support, suicide prevention, and expanded access to holistic healthcare through TRICARE. Crowned **Ms. Armed Forces All-American 2017**, she has consistently used her platform to uplift others and push for real policy transformation.

Currently pursuing her **Master's in Public Leadership at the University of San Francisco**, Quen is preparing to complete her capstone in Summer 2025 — a testament to her lifelong commitment to impact, equity, and transformation.

Why She Embodies the Unbreakable Crown

Quen Finney does not just survive — she leads, she teaches, she heals, and she transforms. Her story is not about one single moment of resilience — it's about a life committed to **lifting others even while climbing herself**. She reminds us that the most powerful leaders are often the most quiet, compassionate, and committed.

In honoring her, we honor the many who walk with similar burdens, silent strength, and relentless grace. To all those quietly carrying the weight of resilience — **this crown is yours, too.**

