

# Sophia casey

International Award Winning Speaker,  
Corporate Trainer, & Executive Coach



AS FEATURED ON



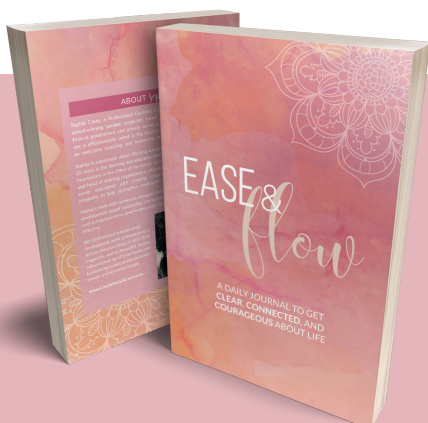
**Bio** Sophia Casey is an international award-winning speaker, Professional Certified Coach (PCC), and Leadership Consultant who led several organizations in the public and private sectors. Her larger than life personality and ability to inspire corporate and individual clients to momentous action above challenges and circumstances, is echoed on her television show, Sophia Casey TV and in her mantra “The work works! ”.

In addition to being the Vice President of Corporate Partnerships at the Academy of Creative Coaching, “Coach Casey” as she is affectionately called, is the founder of Sophia Casey Enterprises – an executive coaching and leadership development training company. Her work as Director of First Impressions for the Office of the former Vice President of the United States and head of training organizations in the

Federal Government afforded her opportunities to support senior executives in strengthening their core competencies.

Sophia’s work led to her creation of the leadership development model Leadership, Ownership and Accountability (LOA), which focuses on empowering leaders to transform their professional and personal lives above circumstances.

Sophia’s recent success story is the publication of her journal *Ease & Flow: A Daily Journal to Get Clear, Connected, and Courageous About Life* on Amazon, Barnes & Noble and Walmart. She is passionate about life-long learning evidenced by her more than 25 years in education. Sophia received her education at UCLA and Johns Hopkins, and is a member of Delta Sigma Theta Sorority, Inc.



“ I created this 31-day journal to support people in doing just that - releasing all the clutter of your thoughts and exchanging them for empowered ones so you can be in action to design the life you desire.

- SOPHIA CASEY

## Signature Topics

Self-Esteem & Self-Confidence  
Life Balance & Mental Health  
Personal Transformation  
Individual & Team Leadership Development

Diversity & Inclusion  
Women's Empowerment  
Resiliency & Bounce-Back Ability  
Courageous Customer Service

## Testimonials

*"I've attended this conference for 8 years and that was the best session I've ever attended! I'm going to have the Leadership, Ownership and Accountability when I return to work."*

- Leader in Education, Georgia PTA

*"You were by far the best speaker we've ever had, and we've had some great speakers!"*

- CEO, Executive Women's Seminar

## Partial List of Clients



“As a young professional I was told I was too young, too gregarious, too Black or not smart enough to take on big leadership roles. I continued to push through leaning on faith, being in action, and using my perfectly imperfect gifts to move forward and help others do the same.

- SOPHIA CASEY

## Book Sophia

sophia@sophiacasey.net | (301) 437.3482 | www.sophiacasey.net