

SOPHIA CASEY

SPEAKER | CORPORATE TRAINER
EXECUTIVE COACH | BEST SELLING AUTHOR

Many people offer solutions; few deliver results. As a credentialed coach, authorpreneur and corporate trainer, Sophia Casey inspires individual and corporate clients to win using her transformational model Leadership, Ownership, and Accountability.

AWARD-WINNING SPEAKER

#1 RELEASE IN DRAMAS AND PLAYS
BY WOMEN, AMAZON

PROFESSIONAL CERTIFIED
COACH (PCC)

FORMER TASK FORCE MEMBER,
FORMER VICE-PRESIDENT OF
THE U.S.



MEET SOPHIA CASEY

SPEAKER, CORPORATE TRAINER, EXECUTIVE COACH, AUTHOR



Sophia supports executive-level leaders with getting transformative results that catapult their businesses and organizations to the next level. Having served as Director of First Impressions for a task force for the former Vice President of the United States, her innate ability for excellence, execution and acceleration allows her to meet individuals right where they are—then help them soar! For more than 25 years, Sophia's customer-centric service and her commitment to be an agent for sustainable change has been highlighted in SUCCESS magazine, and on Amazon Alexa, Fox News, and SiriusXM radio.

Having started her journey as a Director of an education center, Sophia was fortunate to serve as head of several training organizations in the federal government, including her tenure as Director of Enterprise-wide Training for more than 10,000 engineers, attorneys and analysts. A Professional Certified Coach (PCC) through the International Coach Federation (ICF), her love for mentoring and coaching soon blossomed into her signature leadership development model: Leadership, Ownership, and Accountability (LOA®).

Her studies at UCLA and Johns Hopkins University taught her the importance of higher education and the value of relating to everyone as a leader. Having grown up and taught in some of the toughest neighborhoods in the nation, Sophia is forever committed to empowering leaders to transform their professional and personal lives, despite external circumstances, and to do so with ease and flow. This commitment led Sophia to create the Ease & Flow Leadership Academy, an online learning school for individuals and corporations. In addition to the release of her first novel, *Fierce Vulnerability: A Colored Girl's Truths, Trials, and Triumphs*, in August of 2020, Sophia continues her commitment to supporting women's global empowerment. A featured speaker for the Women's Economic Forum, a conference where over 1,500 women from 110 countries attended, her stories of hope and healing leave a distinct mark on the hearts and minds of others that cannot easily be erased.

Sophia has not only shattered glass ceilings, those ceilings have now become her floor. Using her perfectly imperfect gifts to catapult herself to great success—and help others do the same—Sophia won't stop until she supports you with winning in business and life.

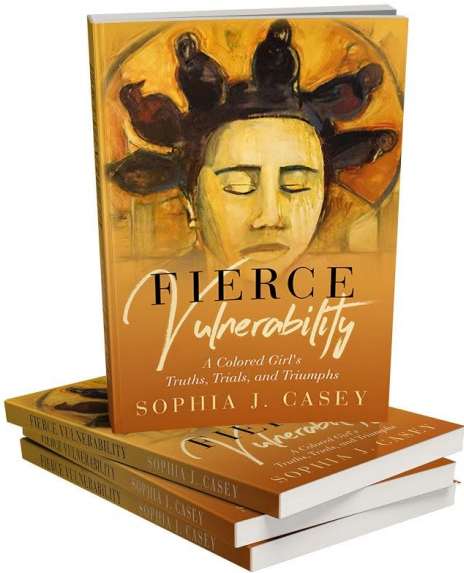
FOR INTERVIEWS OR BOOKING,
email sophia@sophiacasey.net or visit www.sophiacasey.net

NEW RELEASE & BOOKS:

ABOUT FIERCE VULNERABILITY

Fierce Vulnerability - A Colored Girl's Truths, Trials and Triumphs, is the story of four powerful women, Jean-Marie, Ava, Vanessa and Simone, living the dream of Black affluence in Washington DC. Each woman, in her own time, begins a dark journey to the underbelly of this dream. Ava is a ball busting powerhouse in the political sphere. Hers is a constant battle to prove her self-worth. Vanessa does her best to keep up her perfect appearances while catering to her own demons in silence. Simone shows us the cost of being superwoman and what becomes possible when we lean on our communities and our roots to lift us up. Jean-Marie struggles with vulnerability and the personal power it brings through personal losses and challenges. We come to know them each through their own distinct voices.

We come to see them more fully through the eyes of their sisters. It is through their collective perspective, friendship and sisterhood that we learn who they are and develop a sense of what it takes to claim freedom, power, and fierce vulnerability for ourselves.



ABOUT THE EASE & FLOW JOURNAL

Research shows that daily practices of getting thoughts down on paper and getting present to what you are grateful for, can reduce stress and overwhelm.

We created this 31 day journal to support you in doing just that - releasing all the clutter of your thoughts and exchanging them for empowered ones. We've even included daily structures to help you focus on your most important tasks, move your goals forward, and a space to capture things you are grateful for.

As a bonus, if you get stuck with what to journal about, we included over 50 journal prompts to inspire you to let your thoughts and dreams pour onto the pages with ease and flow. We can't wait for you to experience it.



REVIEWS

"Coach Sophia is so full of positive energy and effective solutions! This is actively helping me move and I love it. You need this in your life."
- K. GIFFIN Relationship Coach

"I had the pleasure of meeting Sophia and buying her book at a networking event. I'm so glad I did. It's so much more than a journal. I look forward to writing in it daily to express my moods, to reflect on my goals, and plan my day! Buy one for yourself and all your friends."
- PAMELA HART VINES Filmmaker/Videographer



SUPPORTING ORGANIZATIONS AND LEADERS WITH GETTING TRANSFORMATIVE RESULTS THROUGH THE

EASE & flow
LEADERSHIP ACADEMY

EXPERIENCE THE EASE & FLOW LEADERSHIP ACADEMY

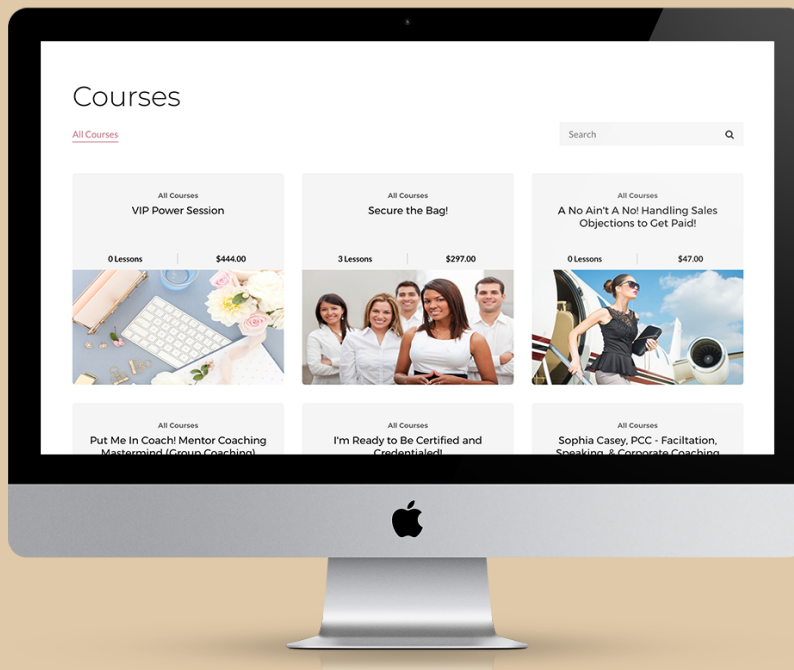
MISSION

TO PUT THE WORLD THROUGH SCHOOL WITH EASE AND FLOW.

Our mission is simple - to support you with improving your personal and professional life by providing high-quality, low cost training solutions accessible, from anywhere, at anytime.

ABOUT THE ACADEMY

At the Ease & Flow Academy, we are committed to providing high quality personal and professional development courses, services, and training products to help you create the life you desire. Every participant will have a different experience, but every experience will be one that will move you or your team to the next level. See you in class!



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Press & Media



Partial List of Clients



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

FEATURED IN



SUCCESS



Client Reviews

"Having been to Gestalt workshops, as well as ICF Global conferences, I've witnessed some powerful coaching moments, the kind I aspire to deliver myself. Please know I witnessed two such exceptional coaching moments from you on Sunday. They were the kind of coaching reflection that only comes from an MCC coach. I am certain you remember the one because I looked across the room and made eye contact with you in that moment. I knew that was coaching greatness. The other came near the end. Those set a superb example for me, from which I will remember going forward. "Lean back" and don't work the situation. The powerful question that needs asked will come to the surface. Those two moments were worth the price of admission. Great Job! A+++."

-Jeffrey R Pollack, Coach and Facilitator, Sellistics

"Sophia, your coaching of our graduate students and your presentation on the entrepreneurial panel at our symposium are still being talked about. You gave extremely valuable advice and tools that not only the students received value from, but also faculty. We're looking forward to having you back next year."

-Professor Bowie State University

"Sophia's facilitation, training and executive coaching backgrounds were crucial in helping to assess our strengths as well as have a real conversation to identify our blind spots, communication breakdowns and gaps in our workflow process. We were able to shift our relationship to ownership and accountability while creating a plan of action where staff members are eager to champion the change that is needed to deliver the high-quality customer service expected in the IT industry. If you are looking for a way to capitalize on your team's strengths, build a plan to improve your organization's bottom line results and participate in leadership development program like none you've ever experienced, you will be doing your organization an unbelievable service by working with Sophia."

-Lillian Milliner - Executive Vice President Delmock Technologies Inc.



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