



Sonya Joseph

Author, Speaker
& Joy Navigator

Sonya Joseph is a speaker, author, and guide through life's hardest journeys. After losing her mother at age eight, she learned to navigate sorrow by performing "fine" for others—until she realized true healing begins when we stop performing and start living truthfully.

A professional Tour Director, she now helps people navigate the inner landscapes of grief, loss, and rediscovery. Her work is built on a radical idea: joy isn't the absence of sorrow—it's what grows within it.

Her debut book, *Navigating the Road to Joy*, blends her professional expertise with her personal story to offer a compassionate, map-based framework for moving from loss toward authentic joy.

? SUGGESTED INTERVIEW QUESTIONS

Story & Journey

- How did losing your mother at eight shape the guide you've become?
- How did your years as a Tour Director prepare you to navigate grief?
- When did you realize "performing fine" wasn't working anymore?

Concepts & Tools

- What's a "comfort stop" in emotional terms, and why can't we skip them?
- How can someone tell if they're "stuck at Sampson Mall" in their own life?
- What does it feel like to move from Passenger to Guide?
- What's the real difference between joy and happiness?

Audience Takeaway

- What's one small step someone can take today if they feel stuck in grief?
- How can we support a grieving friend without trying to "fix" them?
- What do you hope readers take away from *Navigating the Road to Joy*?

🎤 SUGGESTED INTERVIEW TOPICS

1. From Grief to Guide – How early loss shapes a life of guiding others.
2. The Tour Director's Toolkit – Real-world tools for navigating life after loss.
3. Comfort Stops Are Non-Negotiable – Why rest is essential to healing.
4. The "Sampson Mall" Effect – Knowing when to leave comfort for joy.
5. Passenger, Traveler, Guide, Compass – The four stages of personal growth.
6. Joy vs. Happiness – Why joy is deeper and born of sorrow.
7. Moving the Needle – Small shifts that change your direction.

📁 MEDIA & ASSETS

Available upon request:

- High-resolution author headshots
- Book cover artwork
- Author logo
- Book proposal & one-page synopsis
- Speaker one-sheet
- Pre-written social media posts

ABOUT THE BOOK (Coming 2026)

Navigating the Road to Joy is a self-help memoir hybrid that turns grief into a navigable road. Drawing on her experience as a Tour Director and her own journey through early loss, Sonya Joseph offers a map-based framework for emotional healing.

This isn't a book about shortcuts—it's about comfort stops, honest itineraries, and the courage to keep moving. Whether you're grieving, feeling stuck, or longing to reconnect with joy, this book is a gentle guide for the road ahead.

