



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.

SPEAKING TOPICS

KEYNOTE: Navigating the Road to Joy

Blends personal story with a Tour Director's map to guide audiences from grief or uncertainty toward authentic joy. Reframes healing as a journey with comfort stops, clear itineraries, and courage to keep moving.

✓ In-person or virtual

SUPPORTING WORKSHOPS

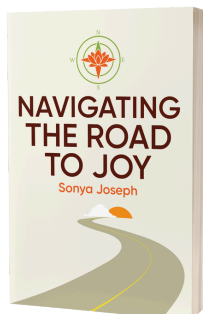
1. Comfort Stops: The art of pausing without getting stuck.
2. Your Inner GPS: Identifying core values and personal red flags.
3. Roadblocks & Detours: A practical system for navigating life's obstacles.

✓ All workshops available in-person or virtually

SPECIAL ADDRESS: Your Road Ahead

An uplifting commencement talk for graduates on embracing detours, trusting your compass, and finding joy in the journey itself.

✓ In-person



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.

WHY BOOK SONYA?

- **Unique Perspective:** Blends real-world tour directing with emotional wisdom.
- **Relatable & Authentic:** Speaks from lived experience, not theory.
- **Engaging Storyteller:** Warm, relatable, and often funny delivery.
- **Actionable Takeaways:** Every talk includes practical, usable tools.
- **Flexible Formats:** Tailored keynotes, workshops, retreat sessions, and fireside chats.

SPEAKING BACKGROUND & MEDIA

- **Featured Guest:** The Marques Ogden Podcast (March 2026)
- **Professional Speaking:** Keynotes and workshops for Colleges, Grief Support
- **Audience-Tested Content:** Refined through live talks, focus groups, and interactive workshops
- **Currently booking for 2026–2027**