

Who Is Sonya Joseph?

🌍 Tour Director. 💜 Grief Doula. ✨ Story Collector.

I'm Sonya, and I spend my life guiding people through journeys.

Some journeys involve passports, adventure, and discovering new places. Others involve loss, healing, and learning how to carry grief forward.

After losing my mother at age eight, I learned that grief changes us—but it doesn't have to define us. Today, I help others navigate life's transitions with compassion, honesty, and hope.

Thank you for following along. I can't wait to share this journey with you. ✈️💜

#GriefDoula #TravelWithPurpose #HealingJourney

