

Sonya Joseph

TOUR DIRECTOR | GRIEF DOULA | CREATOR OF *NAVIGATING THE ROAD TO JOY*

Sonya Joseph is a professional Tour Director, grief doula, and creator of Navigating the Road to Joy, a collection of talks, workshops, stories, and tools that help people navigate grief, authenticity, and joy.

For more than a decade, Sonya has guided travelers through unfamiliar landscapes, helping them navigate new places, unexpected detours, and the occasional need for a well-timed comfort stop. Along the way, she discovered that many of the same tools that help people travel well also help them navigate life's most difficult transitions.

After losing her mother at eight years old, Sonya spent years learning how to appear "fine." Today, her work challenges the idea that difficult emotions are problems to be fixed. Instead, she invites audiences to consider a different possibility:

"Grief is not a disorder. It's the correct and natural response to certain events in our lives."

Through keynotes, workshops, and creative tools, Sonya helps people make room for the full range of human experience—including sorrow, joy, uncertainty, love, and loss.

Her signature keynote, Navigating the Road to Joy, uses the language of travel—maps, comfort stops, itineraries, and detours—to explore what it means to move forward without leaving parts of ourselves behind.

Sonya has presented for universities, professional organizations, grief support communities, and civic groups. She is an award-winning Toastmaster and lifelong storyteller whose speaking career began as a child reading announcements at church, continued through competitive speech and debate, and later included work as a professional actor.

She lives in South Pasadena, California.

She is currently booking speaking engagements for 2026–27.

Contact:

journeys@sonyajoseph.com

(602) 373-2457

www.sonyajoseph.com

