

Sonya Joseph

MEDIA & INTERVIEW INFORMATION

Sonya Joseph is a professional Tour Director and grief doula who helps people navigate grief, authenticity, and joy using the language of travel. After losing her mother at eight years old, she spent decades learning how to perform "fine." Today, she combines personal experience with lessons learned from guiding travelers through unfamiliar territory to help people navigate life's most difficult transitions.

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

CONVERSATION STARTERS

- What is a grief doula, and how is that different from therapy?
 - Why grief is a natural response, not a disorder
 - The difference between happiness and joy
 - Why comfort is essential during difficult seasons
 - How to support someone without trying to fix them
- What years as a Tour Director taught her about being human

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CONTACT

Sonya Joseph

journeys@sonyajoseph.com

(602) 373-2457

www.sonyajoseph.com

