

Sonya Joseph

PRESS RELEASE

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Contact: [Your Contact Name, Title, Email, Phone]

Tour Director and Grief Doula Sonya Joseph
Brings Navigating the Road to Joy to [Event Name]

[CITY, STATE] — Professional Tour Director, grief doula, and speaker Sonya Joseph will bring her keynote, Navigating the Road to Joy, to [Event Name] on [Date].

Drawing on more than a decade of experience guiding travelers through unfamiliar places, Joseph uses the language of travel—maps, detours, comfort stops, and itineraries—to help audiences better understand grief, authenticity, and joy.

Joseph is the creator of Navigating the Road to Joy, a collection of talks, workshops, stories, and tools designed to help people navigate loss, embrace authenticity, and make room for joy.

After losing her mother at eight years old, Joseph spent years learning how to perform "fine." Her work challenges the idea that difficult emotions are problems to be fixed and offers a different perspective on what it means to be fully human.

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

Through personal stories, practical insights, and lessons learned both on the road and through her own experiences with loss, Joseph invites audiences to rethink their relationship with grief and discover how joy and sorrow can coexist.

Topics explored include:

- Practical ways to support grieving friends, family members, and colleagues
 - The difference between happiness and joy
 - Why grief is a natural part of being human
- The role of comfort, rest, and support during difficult seasons
 - Making room for the full range of human emotions

Event Details

Date: [Date]

Time: [Time]

Location: [Location]

Cost: [Amount]

Registration: [Link]

