

Sonya Joseph

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

Tour Director • Grief Doula • Creator of Navigating the Road to Joy

For more than a decade, Sonya has guided travelers through unfamiliar places, helping them navigate new landscapes, unexpected detours, and the occasional need for a well-timed comfort stop. Today, she uses those same tools to help people navigate life's most difficult transitions.

After losing her mother at eight years old, Sonya spent years learning how to appear "fine." Her work challenges the idea that difficult emotions are problems to be fixed and offers a different perspective:

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

Through personal stories, practical insights, and lessons learned on the road, Sonya helps audiences make room for the full range of human experience—including sorrow, joy, uncertainty, love, and loss.

SPEAKING BACKGROUND

- Award-Winning Toastmaster
 - Professional actor, speaker, and storyteller
 - Keynotes and workshops for universities, professional organizations, and community groups
 - Creator of Navigating the Road to Joy
- Currently booking for 2026–2027.

CONTACT

Sonya Joseph
journeys@sonyajoseph.com
(602) 373-2457
www.sonyajoseph.com

SIGNATURE KEYNOTE

Navigating the Road to Joy

What do grief, travel, and a tour bus have in common?

More than you might think.

Using the language of travel—maps, comfort stops, itineraries, and detours—Sonya offers a practical framework for navigating grief, loss, change, and uncertainty.

Audiences leave with:

- A new understanding of grief
- Practical tools for life's transitions
- Permission to make room for both joy and sorrow

Available In-Person or Virtual

WORKSHOPS

- Comfort Stops
- Your Inner GPS
- Roadblocks & Detours

Available as breakout sessions, half-day workshops, or retreat programming.

Ideal For

- Conferences & Associations
- Leadership & Professional Development Events
- Women's Programs
- Wellness & Mental Health Initiatives
- Faith & Community Organizations
- Colleges & Universities
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WHY AUDIENCES CONNECT

- ✓ Tour Director + Grief Doula perspective
- ✓ Practical tools for navigating life's transitions
- ✓ Story-rich presentations grounded in lived experience
- ✓ Encourages authenticity over toxic positivity

