



Sonja Lowe is a country girl with a city girl flare. She is a devoted wife and mother who cherishes quality family time with her husband, three kids and grandson. With a genuine love for people, she is known nationally as a certified, energetic, engaging speaker, delivering life-changing messages of inspiration and encouragement. Her insightful messages challenge men and women to cultivate their potential in both their personal and professional lives.

With a focus on personal development, motivational speaking, personal and group coaching, Sonja is a trailblazer, with 20 years of professional experience, and over a decade of community involvement. She serves in many capacities including: Ordained Pastor, Certified Executive Leadership Coach and Life Coach, Founder and Facilitator of *The BARE Experience* for Women, and Visionary and Executive Director of *1Embrace Inc.*, of Humble, Texas.

Sonja is a passionate activator, establishing successful urban initiatives such as development programs, community-building events, and awareness and education campaigns. She is a strong communicator who has worked with numerous non-profit organizations and companies, to maximize impact with creative and collaborative solutions. Sonja is also a proven and successful leader in the relationship marketing industry where she connects with your *WHY*, to help you live a life of freedom and fulfillment.

Sonja's influence has impacted thousands of lives across varied and distinct platforms. Her gift to motivate and uplift others has afforded her the opportunity to host *Couch Time with Sonja on Eyeconic Television* and write as a columnist for *Evellis Magazine*. Her passion is to inspire and encourage women and men to walk in freedom, be difference makers, and step into their purpose.

Her favorite past time is to travel and relax on beautiful beaches around the world, mirroring her motto, *Life is a vapor, so enjoy the journey*.

SONJA LOWE'S MEDIUM BIO (156 WORDS)

As a retired nurse, Sonja Lowe has extensive experience in training and managed care. Sonja has 20 years of professional experience, and over a decade of community involvement. She serves in many capacities including: Ordained Pastor, Certified Executive Leadership Coach and Life Coach, Founder and Facilitator of *The BARE Experience* for Women, and founder and president of *1Embrace, Inc.*, a certified 501(c)3 non-profit organization that exists to lead people into a growing faith relationship that leads to healing, deliverance and freedom.



Sonja's personal development programs provide world-class guidance for people desiring to exit corporate America to build their dream business. Sonja is a dynamic teacher and coach. She is passionate and committed to being instrumental in transforming the lives of her clients. She has successfully helped hundreds clarify their vision and take action on what's important to them in life and in business. Sonja is the Host of Couch Time With Sonja, on Eyeconic Television.

SONJA LOWE'S SHORT BIO (82 WORDS)

As a retired Nurse, Sonja has extensive experience in training and managed care. Sonja is the founder and president of 1Embrace, Inc., a certified 501(c)3 non-profit organization that exists to lead people into a growing faith relationship that leads to healing, deliverance and freedom. Sonja's personal development programs provide world-class guidance for people desiring to exit corporate America to build their dream business. a personal development company providing world-class guidance for women transitioning out of corporate America to build their dream business. Sonja is a dynamic teacher and coach. Sonja has successfully helped hundreds clarify their vision and take action on what's important to them in life and in business. Sonja is the Host of Couch Time With Sonja, on Eyeconic Television.

SONJA LOWE'S MINI BIO (67 WORDS)

Sonja Lowe is a retired Nurse with extensive experience in training and managed care. She is the founder and president of 1Embrace, Inc, Sonja's personal development company providing world-class guidance for transitioning out of Corporate America to build their dream business. She is a dynamic teacher and coach. Sonja is the Host of Couch Time With Sonja, on Eyeconic Television.