

SONIA HUNT

SONIA HUNT is a Health + Wellness Keynote Speaker, Marketing Executive & Advisor, advancing women by helping them heal chronic health issues to be their best, perform their best, and thrive. Sonia eliminated a lifetime of chronic health issues and shares her journey to healing in her **#1 Best-Selling book, NUT JOB**, and her **TEDx Talk (1M+ views)**.

SONIA'S PLATFORM takes a deeper look at:

- reinventing life/work harmony,
- redefining our value systems and narratives around well-being,
- reimagining our foodways,
- rethinking mental health,

all of which are rooted in advocating for self.



OFFERINGS. Sonia shares science-backed tools, empowerment techniques, and inspiration for optimizing well-being through her:

- **Speaker Series**
- **1:1 Coaching**
- **Workshops**

BACKGROUND. Hunt holds a Bachelor of Science degree in Engineering from Drexel University, is a Certified Integrative Health & Wellness Coach, and Mentor to CEOs focused UN's Sustainable Development Goals. She has a 20-year background as a CMO working in digital health & wellness and is the winner of the 2015 WWD Digital Innovator of the Year Award. A proud woman of color, Sonia is represented by AAE Speaker's Bureau.

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