

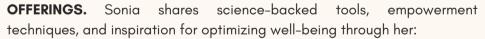
SONIA HUNT is a Health + Wellness Keynote Speaker, Marketing Executive & Advisor, advancing women by helping them heal chronic health issues to be their best, perform their best, and thrive. Sonia eliminated a lifetime of chronic health issues and shares her journey to healing in her **#1 Best-Selling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





- 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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