

## Sonia McDonald Biography

Sonia McDonald is a dynamic keynote speaker, leadership coach and advisor, and award-winning author. She is the CEO and founder of LeadershipHQ, and through this she empowers and builds great leaders and leadership teams across the globe.

Named as a Top Voice on LinkedIn, one of the Top 250 Influential Women in the world as well as Top 100 Australian Entrepreneurs by Richtopia, Sonia is internationally recognised as an expert in leadership and strategy, organisational development, workplace diversity, transformational culture and the neuroscience of leadership.

She has more than 25 years' experience in human resource management, leadership and organisational development and has held leadership positions around the world.

Sonia has written several books on leadership: *Leadership Attitude*, *Just Rock It!* and *First Comes Courage*, and she writes regularly for publications such as The Australian, HRD Magazine, Smart Healthy Women and Women's Business Media. She has been published in BBC Capital, The Australian, HRD Magazine, Business Insider and Smart Company.

### Speaking Reel

[https://www.youtube.com/watch?v=e\\_GWit0fFAI](https://www.youtube.com/watch?v=e_GWit0fFAI)

### Social Media:

[https://www.instagram.com/sonia\\_speaker/](https://www.instagram.com/sonia_speaker/)

<https://www.facebook.com/soniamcdonald01/>

<https://www.linkedin.com/in/soniamcdonald/>

<https://twitter.com/SoniaMcDonald01>

### Website:

[www.soniamcdonald.com.au](http://www.soniamcdonald.com.au)

