



SONJA PEMBERTON

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“Sonja exceeded our expectations, taking us on an exhilarating journey through our experiences, assumptions, and behaviors. We came to the other side wiser, humbler, and stronger for being with her. Can't wait to hear Sonja again!

*Samir Selmanovic, PhD, PCC
The Common Good Coalition*

MEET YOUR SPEAKER

Sonja Pemberton is a captivating speaker, transformational catalyst, and inclusion strategist. Sonja's unique, brain-based approach to addressing individual and societal challenges leaves audiences intrigued, empowered, and positioned to develop sustainable behavioral change. With a career spanning more than 25 years, she has been privileged to lead, mentor, and coach across all career levels and generations, sharing her knowledge and expertise in transformational leadership with startups to Fortune 100 companies.



SPEAKING TOPICS

We are WHAT we think, not what we THINK we are

When unconscious or conscious assumptions influence decisions at work or home, coupled with any influence or power one may have over others, they can have unintended consequences. Having evidence-based and brain-friendly strategies empowers audiences with new levels of self-awareness.

The Untapped Power of the Mind-Body Connection

Neuroscientists suggest that the unconscious brain determines up to 95% of our behaviors and decisions. Gain valuable insights into the inner workings of the most powerful human resource, the mind-body connection, to recognize and shift your mental state in the moment and empower transformational and sustainable behavioral change.

Dispelling the Myth of The Other

As Einstein said, "We can't solve problems by using the same kind of thinking we used when we created them." Othering is a construct all humans have experienced. With this awareness, we understand how, when, and why we Other creating an expansive lens to view experiences and behaviors impacting the inclusion and belonging conversation.

MEDIA HIGHLIGHTS



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