

CLIENT Reviews



I wanted to change and knew what I needed to do, but the “how” is where Sophia’s coaching made the change real. She gave me thought exercises and journaling prompts to help me find my voice at work again AND create boundaries I’m proud to defend.



**-SB Assoc Director,
Distribution Industry**



Complaining about burnout to my therapist was getting me nowhere. Working with Sophia, we tackle work problems in real time, created an action plan. I finally had tools to speak up for myself and step into win at work in ways I didn’t think was possible.



-RW Director, CPG industry



I used to feel overwhelmed trying to ‘fix’ everything at once, but now I have a framework that helps me stay focused, set boundaries, and protect my time without guilt. The transformation hasn’t been overnight, but it’s been real, and it’s been sustainable



-AF, Analyst Pharma Industry

Event Feedback



Sophia M

Audience Feedback On Feb 5, 2025

Self Promoted / Hosted Event

60 Minute Burnout Workshop for High Achievers

“ Great session! The workshop facilitation was great, and participants left with actionable next steps. ”

talkadot



Sophia M

Audience Feedback On Feb 5, 2025

Self Promoted / Hosted Event

60 Minute Burnout Workshop for High Achievers

“ This is a session to focus on how to create more balance in your life and not let work and other things burn you out. You will get suggestions on specific things (both small and large) you can do to create a more stress-free approach to your life. ”

“ Enlightening and relevant to my lifestyle ”

talkadot



Sophia M

Audience Feedback On Feb 13, 2025

Self Promoted / Hosted Event

60 Minute Burnout Workshop for High Achievers

“ I would say it's taking a minute for yourself to figure out how to advocate for yourself. Open conversation leads to different perspectives on topics not often discussed. ”

“ An opportunity to gain tools to avoid/combat burnout and self-neglect ”

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