



Sophia Mikelionis

Workshops | 1:1 Coaching



This isn't about achieving more. It's about becoming the woman who leads herself so powerfully, everything around her shifts, her boundaries, her career, her presence.

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About Sophia: Sophia Mikelionis is a Life & Career Coach who helps ambitious women stop outsourcing their self-worth to their résumés. As the founder of Gearing Together, she supports high-achieving professionals especially first-gen success stories and mission-driven leaders, who are ready to lead with clarity, not burnout.

With 15+ years of corporate finance experience across companies like AbbVie, Kellogg, Ferrero, & Kraft, Sophia understands the pressure to stay productive, polished, and permanently “on.”

She's walked that tightrope herself, with an MBA from Syracuse University, a BBA from Howard University, and a long track record in high-stakes finance and analytics roles.

Today, she brings that same strategic edge to her coaching, and workshops just without the burnout

Now, Sophia specializes in helping clients reconnect to purpose, navigate career pivots, and build boundaries that stick. Through

keynotes, workshops, and private coaching, she guides professionals to redefine success in a way that honors both ambition and wholeness.

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At the heart of her work is The **Liberated Leader™ Method** a signature framework designed to help women return to themselves before rising in their careers.

The method helps clients:

- Recalibrate their energy by releasing performance traps and designing their “Power Source” map.
- Reclaim their leadership voice through unapologetic communication and boundary-setting.
- Realign their lives to operate from flow, not fire drills anchoring their next-level identity as joyful, centered, and deeply powerful.

