

Sophia Knight



Speaking on Leadership from the Inside Out

Leaders Inspired

What does it take to be a leader in our complicated world. A practical and inspirational talk to today's leaders and motivate them into meaningful action.

The Inner Life Of Transition

When things change, are you ready to change too? A 4-step look at adapting to change from the inside out. Perfect for any group or organization in the midst of change or reorganization.

Focus on Strategy

Business Owners and Entrepreneurs are moving at the speed of light. A strategic focus becomes an afterthought, until it's too late. Strategic planning can be simple – and fun!

A Woman Inspired

His Holiness the Dalai Lama has said, "The world will be saved by the western woman." This engaging talk explores how women can master leadership and become purposeful resulting in an up-leveled business and success. Their impact and ripple will change their world and have a lasting impact on many others.

Notable Clients Include: IPELRA Association, MasterCard International, National Restaurant Association, Women President's Organization, Brinker International, Parco Foods, Kehoe Designs, Deerfield Chamber of Commerce, Dayton Hudson Corporation

Inspired Leaders Inspire Lives

People are talking about Sophia Knight



Sophia helped my organization clearly define our team purpose and shared company values to more effectively communicate with each other. Our clients benefit from the leadership skills that we learned through her process and our relationships with our clients have become stronger as a result.

Elizabeth C. Treacy, President and Chief Strategist, Treacy Marketing Group

She's a clear and powerful communicator and, while coming from a place of support, she is direct, to the point and is not afraid to ask the tough questions. In my career as a professional speaker I frequently share the podium with some of the top leaders in the country - I honestly feel that her leadership skills and ability to inspire others surpasses them all."

Debra Poneman, Professional Speaker, Best-Selling Chicken Soup Author, Yes to Success, Inc.

She brings to the table insights, inspiration and business acumen that not many people have wrapped up all in one package. I would say she is one of the best teachers and trainers when it comes to the subject of human and organizational development."

Cathy Fitzhenry, President, CSF Marketing Services Co.

Sophia is one of the most laser focused, dynamic business leaders I have ever worked with. She inspires teams to rally and move mountains.

Matthew McMillin, Partner at 3 Sixty Dining Intelligence

Sophia Knight is one of those very rare leaders who cares deeply, not only about the success of the organization, but more about the individual people who drive the organization. Win-Win is not an option to her, but an imperative.

Kate Leth, PHR, President, Inspired Consulting

Sophia Knight is a Transformation Strategist, Executive Coach and sought after speaker. Twenty five years of executive management on both the corporate and entrepreneurial side have provided the training ground for Sophia to powerfully support Entrepreneurs, Small Business Owners and Business Executives to step fully into their leadership. She has captivated audiences of 16 to 16,000.

To experience powerful and purposeful presentations and break out sessions for your company or organization,

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