

# SONYA PEREZ-LAUTERBACH

Impact Cultivator, Change Expert, Transformational Leadership Coach

## ABOUT

Sonya is on a mission to shift the leadership development paradigm towards caring for the whole person. Her holistic 1:1 coaching approach, the Leadership Atlas™, supports her clients in becoming confident, effective and joyful leaders who love their life and have sustainable energy for their meaningful work.

Her practice and presentations incorporate research based coaching methods, neuroscience, somatics, psychology and a plethora of insights gained from personal breakthroughs and mental shifts to help others lead and live with more ease and joy. She knows that when a leader feels better they lead better - creating healthy, more effective, and sustainable organizations. Authentic and empowered leadership is possible.

## SPEAKER & WORKSHOP TOPICS

- **Thriving in Transition®** - Critical insights and practical tools from a change expert. This workshop will transform how you think, feel, and navigate transition.
- **The hidden costs of chronic stress and overworking.** Why you can't afford it and what to do about it.
- **Why habit trackers don't work long term** - A better understanding why we do what we do and **how to make lasting change** that supports who you want to become.
- **The power of shifting from "fighting for change" to "building with love"** - creating a sustainable movement for how changemakers approach their work.
- **Repairing your relationships with yourself and work** when what you do is who you are and you never feel you are enough.
- **5 keys to staying sane and motivated, while working to create change** in a larger system of injustice, oppression and hierarchy.

## Testimonial

"Sonya provided the guidance and foundation for our team to unpack a leadership change that was extremely intuitive and adaptable to our needs. I felt heard, respected, encouraged and validated. She is a gifted facilitator and change leader mentor."



## Let's Connect!

✉ [sonya@sonyaperez.com](mailto:sonya@sonyaperez.com)

☎ 303-912-1675

🌐 [sonyaperez.com](http://sonyaperez.com)

📷 [@iamsonyaperez](https://www.instagram.com/iamsonyaperez)

🌐 [in/sperezlauterbach/](https://www.linkedin.com/in/sperezlauterbach/)

