



SOPHIA DOWNS

SIMPLY SOPHIA™

Speaker • Workforce Development Leader • Entrepreneur • Author • Technology & Education Innovator

She doesn't just speak about possibility. She builds pathways to it.

Keynotes • Workshops • Training Series • Facilitation • Professional Development

A SPEAKER WITH A PRACTITIONER'S PERSPECTIVE

Sophia Downs is a purpose-driven speaker, published author, workforce development leader and entrepreneur whose work connects motivation to practical action. Her speaking foundation began in childhood through local, state and national Baptist conventions and churches. Today, she brings that same ability to connect with people into schools, workforce programs, conferences, churches, community organizations and professional settings. Her perspective is grounded in lived experience and in years of building career-readiness, training, coaching, entrepreneurship and technology-driven solutions designed to help people move forward with dignity, structure and purpose.

WHAT SOPHIA SPEAKS ABOUT

Education & Workforce Career readiness, employability, school-to-career pathways, workforce preparation, professional development and helping young people see a future they can act on.	Leadership & Women Purpose, confidence, identity, resilience, leadership, entrepreneurship and moving from vision to disciplined action.
Technology & Innovation Using technology and practical innovation to expand opportunity, strengthen workforce systems and solve real problems.	Youth & Student Development Identity, voice, decision-making, leadership, career exploration, accountability and preparation for life after school.
Faith & Purpose Faith-informed encouragement, healing, calling, worth, resilience and purpose for churches, ministries and faith-centered gatherings.	Reentry & Restoration Second chances, identity restoration, rebuilding momentum, employability and moving forward after difficult chapters.

WHY ORGANIZATIONS BRING HER IN

Sophia can enter a room as more than a motivational voice. She has worked in career development and workforce preparation, designed and delivered training, coached job seekers and entrepreneurs, led organizations, developed learning and technology products, and built community-centered initiatives. That gives decision-makers the flexibility to book an inspiring keynote, a hands-on workshop, staff or student professional development, or a multi-session learning series.

15+ years career/workforce & professional development	1,000+ clients served career growth, transitions & development	Job Corps graduate • 2x keynote • award recipient • business partner
Credentials Certified Career Coach • Certified Master Life Coach • Missouri Rule 17 Mediator	Builder & creator workforce, education, entrepreneurship and technology initiatives	Published author messages centered on worth, purpose, resilience and forward movement

SELECTED EXPERIENCE & PROGRAMMING

Job Corps	Former graduate, two-time keynote speaker, award recipient, community business partner and technology beta-testing connection.
Conference & workshop platforms	Selected/presented work includes NAMI Wisconsin Annual Conference, Unity Recovery, Reentry Redefined Conference 2026 and women-centered conference programming reflected in speaker materials.
Faith-based engagement	Facilitation/MC and speaking rooted in a lifelong faith-speaking foundation; Faith United Assembly event feedback from host Elder Charlotte Finley.
Youth & women	Guest speaker for The Boss Up Gathering presented by The Hustle Club, with host/co-host feedback recognizing Sophia's support and impact.
Workforce & career development	Career-readiness workshops, resume and interview preparation, pathway planning, job-readiness training, professional development and entrepreneurship education.
Technology & learning innovation	Creator/originator of workforce, education and business-development concepts and tools, bringing a builder's lens to conversations about innovation and opportunity.

SIGNATURE & ADAPTABLE SESSION AREAS

Still Worthy	Healing, identity, restoration and reclaiming purpose after difficult chapters.
Be Bold, Be You	Helping teens strengthen voice, confidence, identity and leadership.
From Pressure to Purpose	Turning doubt, pain and adversity into forward movement and practical next steps.
Leadership Starts Now	Communication, personal responsibility and positive influence for youth and emerging leaders.
Your Next Step Starts Here	Career readiness, training pathways, interview preparation, job-search strategy and action planning.
Customized Workforce & Professional Development	Single-session or multi-session learning for schools, workforce organizations, employers and community partners.

WHAT PEOPLE SAY

<i>"You did an awesome job!"</i>	Elder Charlotte Finley • Event Host, Faith United Assembly
<i>"Thank you so much for taking your time to come and support us, you are amazing as well."</i>	@inbrantheytrust • Co-host, The Boss Up Gathering / The Hustle Club
<i>"Every conversation leaves me feeling motivated, equipped, and reminded that my vision has purpose."</i>	Jessica Mays • Entrepreneur / A Twist of Faith
<i>"My resume was corrected to the proper standards and I most definitely got the job."</i>	Mary Adams • Career-services client

BOOK SOPHIA DOWNS
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simplysophia.me
sophia@bhcsvc.com
St. Louis, Missouri • Available for travel