

Sonia Satra

Sonia Satra is a mindset and fitness thought leader who specializes in personal transformation by integrating the mind, body, and emotion to create lasting change. As the founder & CEO of Moticise, an award-winning lifestyle wellness program that combines movement with mindset, Sonia travels the world helping people reach their own personal greatness.

With over 10,000 hours of onscreen and stage acting, the former star of *Guiding Light* and *One Life to Live* recently guest-starred in *American Genius*, *Sons of Liberty*, the Emmy-winning *The Men Who Built America*, and as Gloria Steinem in Amazon's *American Playboy: The Hugh Hefner Story*. A certified NLP (Neurolinguistic Programming) Practitioner, Sonia is also a holistic health coach and certified fitness instructor. Formerly the president of the National Speakers Association NYC, Sonia founded Women's Empowerment Adventures, a company that combines a coaching workshop with a physical challenge such as kayaking, trapeze, and rock-climbing. She continues to offer Adventures through Moticise, as well as keynotes, break-out sessions, and presentations.

In 2016, Sonia was a featured speaker at the highly selective Entrepreneurs' Organization (EO) Global Conference in Banff, Canada. She is also a recurring speaker at the Grace Institute of NYC, and has presented to UPenn's School of Positive Psychology, Paychex, Goldman Sachs, Cisco, Seamless, Army Corps of Engineers, Women's Leadership Training Conference, Verizon, Toastmasters Leadership Conference, and others.

Sonia has appeared in the *Huffington Post*, *Reader's Digest*, CBS, Fox, *the Examiner*, *Celeb Dirty Laundry*, *Celebrity Parenting*, *Women Fitness*, and other media. In 2015, she presented on the main stage at the 80,000-attended NBC4 Health & Fitness Expo in Washington, DC.

In 2016, *Mindset Reset* was awarded Best Workout DVD by the exercise blog Fit-Bottomed Girls. When she's not designing the next Moticise workout, Sonia is with her husband and two children, looking for her next adventure.

**When you combine action, vision, and emotion...
you're unstoppable.**

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