



# Sonya Auston

## Speaker, Encourager, Coach

Empowering Women to Regain Their  
Spiritual, Mental, and Emotional  
Vitality through Biblical Principles

Are you struggling to  
find purpose and  
meaning in your life?

Do you feel like you are  
stuck in a repetitive  
cycle that doesn't bring  
any joy?

Are you looking for a  
way to grow and live  
to your full potential?

**Then, I invite you to join me on a journey toward vitality**

I believe that vitality is more than just a capacity for survival. It is the power to grow and live beyond life's difficult circumstances and experience peace, joy, and freedom.

I understand that the journey toward spiritual, mental, and emotional vitality can be challenging.

One of the key elements of my coaching is the culture of authenticity and accountability. Our community of sisterhood offers a safe and supportive environment for confidential conversations.

**601-301-2111**   [www.sonyaauston.com](http://www.sonyaauston.com)   [contactus@sonyaauston.com](mailto:contactus@sonyaauston.com)



@sonyaauston

@sonyayauston

@sonyaauston

@sonya-auston

As a spiritual life coach with 35 years of experience, I help women embrace vitality and equip them to live lives of perseverance and victory that reflect Jesus Christ.



Equipping women with the tools and mindset they need to thrive daily.

## My speaking topics cover:

Principles for aligning your emotions with God's word

Embracing vitality

Developing a strong spiritual, mental, and emotional mindset

I will help you navigate your pain, so you can change the narrative of your life's story for good.

## Testimonials



Sonya has a wonderful servant's heart of compassion when speaking God's Word. She is loyal, earnest and faithful in **building Kingdom Women**. She embodies conviction, power, clarity, boldness, wisdom and great insight into what she presents. ~ Debra B.

Sonya will captivate you with her speaking style. She speaks with Biblical facts, she encourages, excites and educates. **She is easy to understand.** You will see her commitment to God's word in her talks, her actions and in her life style. ~ Frances C.

They say dynamite comes in small packages. Well, that's what I think about when I picture Sonya speaking. **She's passionate, enthusiastic, inspiring, explosive, and unpredictable.** I desire to build up others the way she has built me up. She is intentional with her words, her thoughts, and her time.

~ Chelsea D.



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