



Sonya Richardson, PhD, LCSW

Principal Consultant

Therapist | Executive Coach | Organizational Consultant | Keynote Speaker | Thought Leader

➤ AREAS OF EXPERTISE

- Executive & Leadership Coaching
- Organizational Wellness & Culture
- Leadership Development
- Mental Health & Workplace Well-Being
- Resilience & Burnout Prevention
- Organizational Strategy & Change
- Keynote Speaking & Executive Presentations
- Diversity, Equity & Mental Health Access

➤ CLIENT IMPACT

Executive and High-Performing Professionals

Provides confidential, individualized coaching and consultation that helps executives, entrepreneurs, physicians, attorneys, creatives, professional athletes, public figures, and other high-achieving professionals navigate leadership demands, visibility, burnout, and complex personal and professional challenges.

Organizations and Leadership Teams

Advises corporations, universities, healthcare systems, faith communities, and mission-driven organizations on leadership effectiveness, workplace well-being, resilience, organizational culture, and sustainable performance.

Healthcare and Academic Systems

Brings more than 20 years of experience across mental health, healthcare, academia, leadership, and organizational wellness to help institutions strengthen systems of care, interdisciplinary collaboration, and mental health access.

National and International Audiences

Delivers keynote presentations and executive programs that combine clinical expertise, compelling storytelling, and practical strategy to help individuals and organizations rethink leadership, mental wellness, resilience, and personal growth.

➤ CERTIFICATIONS

- Licensed Clinical Social Worker
- Quality Matters Certified Reviewer

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➤ SKILLS

- Executive & Leadership Coaching
- Organizational Development & Culture
- Strategic Leadership Development
- Mental Health & Workplace Wellness
- Resilience & Burnout Prevention
- Organizational Change & Transformation

➤ AWARDS AND ACHIEVEMENTS

- American Educational Research Association, Division E, Distinguished Research Award Counseling (2025)
- Mental Health Educator of the Year (2023)
- North Carolina Social Worker of the Year - NASW (2021)