



Chris Sopa is the founder of Chris Sopa International, Inc., a company dedicated to inspiring human potential, self-leadership and self-worth. Chris has a passion for guiding individuals to understanding the importance how self-esteem and self-worth shapes every aspect of their lives as well as how understanding what we want, knowing our priorities and living into our true selves affects our health, global society, corporations and youth throughout the world. Chris is known for her expertise in organizational change and behavior and performance enhancement and motivation in companies throughout the globe.

Chris has a Bachelors Degree in Biology, Pre-Medicine from Bowling Green State University and a Masters Degree in Industrial/Organizational Psychology from Capella University. Her facilitation style is one that is highly interactive and energetic and allows the clients and audience the ultimate environment to honor their highest potential both personally and professionally and take action. Her style, personal story and international exposure have made her a sought after keynote speaker and facilitator with many corporations and events throughout the world.

Chris has facilitated in several companies throughout the nation including the Veterans Administration, Goodwill Industries, Vertex, JP Morgan Chase, Rite Aid, National Education Association as well as for the several national public schools and college institutions; local, state and federal government agencies; several Blood Banks across the nation, international blood centers including the South African National Blood Center and is a sought after keynote speaker at many international conferences. As a corporate industry leader in wellness education and human potential, Chris has developed and facilitated several programs focusing on the importance of interpersonal skills in the corporate environment and empowering individuals to act according to their values and beliefs as well as what it takes a corporation to have and keep healthy and happy employees through balance, stress management, proper communication and healthy self-leadership skills.

Chris is also the founder of Chris Sopa International Journeys, a subsidiary company of CSI, which escorts clients on international journeys to sacred sites around the globe to continue their personal development in a “non-ordinary” location. These journeys give individuals an opportunity to face the fears, behavior patterns and conditioning that have shaped their decisions in every aspect of their lives. Individuals on these journeys are challenged spiritually, mentally, physically and emotionally and return home with a renewed sense of peace and clarity.

Chris is also a current member of the Board of Directors for the Blood Bank of Delmarva; the past President of the Board of Education for Cecil County Public Schools from 2006-2011; a past Board member for the Maryland Association of Boards of Education; a Board member of The Self-Worth Coalition, a global initiative to promote healthy self-worth for all individuals; a member of the Gambia Women's Initiative, helping rural women become effective economic agents in their communities; a nominee for the 2011 Athena International Women's Leadership Award; and a member of the Manchester's Who's Who for Executives and Professionals. She has authored articles on stress management, self-esteem, leadership, cold calling, sales skills, time management, teamwork, finding your life's purpose and life balance. Chris is currently in the process of finishing her first published book, "*Living the Fearless Life; The Seven Choices of Sustainable Joy*" which will be published in 2011 with Balboa Press.