



Sonya L. Sigler **Founder, Practigal LLC**

Sonya L. Sigler is the best-selling author of *WELCOME to the Next Level: 3 Secrets to Become Unstuck, Take Action, and Rise Higher in Your Career*, and *What's Next for My Career? Your Guide to Deciding to Leave Your Stable Job to Follow Your Passion*. She is also the founder and CEO of PractiGal and has been an IP and corporate lawyer for over 25 years. She is known as a high-energy and inspiring speaker and workshop facilitator for corporate teams and women's networks. Her speaking and workshop events are designed to inspire her audiences into taking action to reach their goals and make their dreams come true. In her private coaching and consulting work, Sonya works with female founders, executives, entrepreneurs, and legal professionals to provide them with the tools and connections they need to succeed. Currently, her most popular workshops are Authentic Personal Branding, Networking with a Purpose, and Working from Home Successfully. She and her husband live in Vancouver, WA.