

Sophy Thomas

Author | Speaker | Legacy Builder

Bringing messages of hope, healing, and legacy to every stage she steps on. Igniting transformation in hearts, communities, and organizations alike.

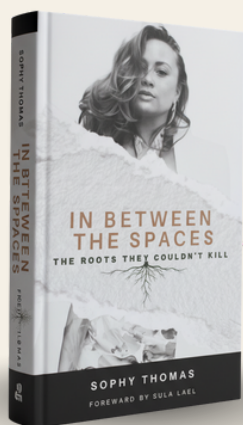


KEY ACCOMPLISHMENTS

- **Author of *In Between the Spaces: The Roots They Couldn't Kill*** — a powerful memoir of resilience, healing, and generational restoration that reminds readers of the unbreakable strength found beneath life's hardest seasons.
- **Founder of the Brian Thomas Legacy Foundation: (501C3)**— A mission-driven nonprofit dedicated to empowering individuals and communities to unlock their true potential and live with purpose
- **Cohost of *The Heartprints of Loss Podcast***: an intimate, empowering podcast where three widows come together to share the raw, real and often unspoken realities of grief.
- **Creator of "Rooted in Resilience" Workshop**: A transformative framework designed to help individuals navigate change, overcome adversity, and cultivate emotional and mental strength.
- **Recognized for her vulnerability and authentic voice in storytelling**: Sophy delivers powerful, actionable insights that guide audiences from pain to possibility and from setbacks to strength.

SIGNATURE SPEAKING TOPICS:

- **Grief Is Not the End: Healing the Invisible Scars and Turning Loss into Legacy**: This keynote reveals how hidden pain can become visible strength. Through powerful storytelling, Sophy Thomas helps audiences transform grief into purpose and see loss as a divine invitation to legacy.
- **Born for This: From Refugee to Resilience**: A personal story of overcoming adversity, finding identity, and leading with courage.
- **Healing While Leading: The Power of Internal Clarity in External Chaos**: How leaders, especially women, can make space to grieve and grow while building impactful lives.
- **Fatherhood & Foundation: Why Men Matter in the Legacy Conversation**: A talk inspired by the Father's Right Initiative restoring dignity and direction for fathers.
- **The Faith to Rebuild: How to Start Again When Life Falls Apart**: Spiritual yet practical—how to trust again, rebuild your confidence, and take bold steps forward.
- **Rooted in Resilience: Navigating Grief and Identity in the Athletic Transition** This keynote helps athletes, coaches, and teams navigate the grief and identity shifts that come with transition. Sophy Thomas shows that resilience isn't just bouncing back; it's growing stronger roots when the game of life changes.



In Between the Spaces is more than a book—it's a movement. Born from Sophy's personal journey through loss, faith, and legacy, it invites readers to transform pain into purpose while building the emotional and spiritual capacity to thrive through change. Through her book, workshops, and speaking engagements, Sophy equips individuals to live with intention, rooted in faith, resilience, and hope. Her message is simple yet profound: no matter where you come from, your roots can grow through any ground; even the hardest one.

What if the very spaces meant to break you became the soil where your deepest roots grew?

Born in a refugee camp in *Thailand* and later facing the devastating loss of her husband, *Sophy Thomas* knows what it means to live in the “in-between”—the unspoken moments between pain and healing, survival and thriving, loss and legacy.

In her debut book *In Between the Spaces: The Roots They Couldn't Kill*, Sophy invites readers into her intimate journey through grief, cultural identity, faith, and the unwavering strength that emerges in life's most uncertain places. With raw honesty and spiritual insight, she explores how trauma can be both a wound—and a window—revealing the hidden power that anchors us when everything else is uprooted.

This is more than a memoir. It's a testimony to the resilience found in our silent battles, the sacred strength that grows beneath the surface, and the truth that no matter what life tries to bury:

You are not broken, you are becoming.



THERE'S POWER IN BETWEEN THE SPACES

Sophy Thomas is available for conferences, corporate, schools, panels, workshops, podcasts, leadership training, keynote talks.

BOOK SOPHY FOR YOUR NEXT EVENT

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