

# Sonjia Pelton-Sam

The GLAM Coach



PRESS KIT

# SONJIA PELTON-SAM

## THE GLAM COACH

*Certified Strategic Vision Coach/ Creative Life Strategist/ Speaker/ Author/ Mentor/ Certified Educator*

*"Creatively Transforming Lives inside and Out"*

Sonjia Pelton-Sam is a passionate and creative transformational life strategist and communicator. She uses her wide range of experiences, gifts, talents, and learned skills, from being a wife, mother, ministry worker, owning a successful salon for years, teaching adults at a cosmetology college as a licensed instructor,

to now, being an educator in the public school system helping her clients creatively develop their lives from the inside out: Mind, Body, Spirit and Style. Sonjia is an enthusiast who is making a positive impact in the lives of people from all walks of life: people that work in corporate, entrepreneurs, educators, college students,

### *Entrepreneur & Community Advocate*

Sonjia is the Founder of *GLAM*, and *GLAM* Factor, a 501c3 organization which is a life leadership program that helps individuals live a whole life creatively from the inside out: Mind, Body, Spirit, and Style. She's dedicated to coaching and providing guidance to individuals and teams through positive self-direction, and transformational life changing workshops for all age groups that uplift, educate, and motivate! To

expand the reach and mission of *GLAM*, Sonjia launched a non-profit branch of the organization, *GLAM FACTOR*, which has helped girls and boys graduate early from college and get scholarships through high school and college mapping. To date, thousands of girls and boys have been empowered by the organizations program and funding.

### *Lifetime Learner*

Sonjia received her BS degree in Criminal Justice with a minor in Theater and Arts from the University of Houston Downtown. Sonjia has also taken courses in Counseling at the University of Houston Downtown in addition to webinars and workshops to be able to further assist with educating others. She has an AAS degree in Mental Health and Drug and Alcohol Abuse and an AS degree in Criminology from Lee College. She

is a certified teacher, licensed cosmetologist, and certified life coach; deemed as and awarded a Teach Elite Teacher Award in 2016. She is also well trained and teaches "Leader in Me, 7 Highly Effective Habits" by (Stephen Covey) in HISD.



## *Educator/ Entrepreneur*

Sonjia has over 20 years as an entrepreneur and 8 years as an educator in both college and the independent school districts of GCCISD and HISD. She was born quite gifted, and developed an instinct which enhanced her skills; leading her to birth an advanced system that helps kids, young adults and adults to excel and lead in every area of their lives. Her strength is developing clear communication and meaningful relationships with them, which allows everyone of all ages, cultures, and income levels to connect and feel comfortable with her.

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## *Inspirational Speaker*

Need a speaker that's going to be creative and lead you, your group, or your team to a more Laser Focused and Clearer vision in order to activate your Vision and manifest good Success Now? If you want Clarity and Balance, Look no further...

Sonjia is a sought after speaker whose presentations bring wholeness, healing, balance, and power to genuine bring solutions to people from all walks of life wherever she goes! Her interactive, straightforward, fun, entertaining, and down to earth approach with a new style flair and southern charm captivates her audiences hearts while motivating them in self-leadership skills, which enables them to 'live their best life' by enhancing all 4 areas of their life: Mind, Body, Spirit, and Style. The system is well rounded and brings about strategic progress. She brings an abundance of power wherever she goes, igniting and activates the people whose lives she speaks into! Sonjia speaks and coaches people on a 1 on 1 basis, small groups, conferences (corporate, church, and other), luncheons, summer camps, school assemblies of all age groups, colleges, summits, stay at home parents and more. Her teachings may help reduce recidivism rates in prisons & jails.

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## *Life Coaching / Mentoring*

Life in general can be tough, and Sonja knows the struggle. Sonjia lived life on the edge as a young adult. She owned a successful business at a young age, but failed at life in general. She had failed relationship after failed relationship and two failed marriages. She was looking for affirmation, love, and acceptance in all the wrong ways. She had her son young and lived the life of a single mother. Sonjia was a hair stylist and owned the largest African American salon in the city of Ft. Worth, Texas at one time. Working as a stylist / life therapist from behind the styling chair eventually led to her life coaching business. Sonjia has heard it



all, or lived it all and can relate to a wide range of issues that people face every day. Now excited and passionate about the life changing results she has experienced in her own life, Sonjia is on a mission to impart vision, positivity, clarity, focus, and creative transformational life leadership skills. She coaches individuals and lead them to live life on their level, in their lane. She believes in being the 'best you', that you can possibly be. She helps people live a full life on purpose for a purpose, teaching individuals to compartmentalize their lives and have clarity on where everything and everyone fits, and figure out the how and why from individual's personal lives, family, school, college, job, business, or corporation.

Sonjia helps individuals understand healthy decision making, appreciate their life now to jumpstart their future, love themselves and the inner beauty they possess, set goals, create affirmations, learn their core mission and to learn their purpose in every area of life: mind, body, spirit, and style. She helps people and teams ignite and activate their vision for success and purpose now! Plus she adds so much more.

She is also a great resource to use for bridging the gap and putting out communication fires that can exist in any family, school, business, or corporation.

## Author

Sonjia currently is the author of *GLAMTASTIC* Affirmations, *GLAMTASTIC* Destiny Board and DESTINY Board. Sonjia is currently working on several other books: How to find your G.L.A.M. Factor (Leading Life on Purpose), How to write and publish your book now, and GLAM =Grace, Love, and Mercy (The story of 3 women finding their purpose).



[www.theglamcoach.com](http://www.theglamcoach.com)  
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