



Sonia Gallagher, Esq.

Sonia Gallagher is an attorney, business owner, holistic executive Life Coach, and author of *The No-Fuss Road Map to Your Success*.

Sonia honed her psychology and communications background while working for the Central Intelligence Agency (CIA), increased her intuitive understanding of people and cultural sensibilities while working at The International Court of The Hague in The Netherlands, and developed successful methods of networking, marketing, developing joint ventures, and organizational systems while owning a law firm in the State of Florida.

She has traveled, lived, and worked in a number of countries guided by her intense passion for people and evolvment of consciousness. She is the host of the Meditation Garden Radio Show where she regularly interviews spiritual masters, authors, and business owners who successfully combine spirituality with their professions and entrepreneurship. She teaches the importance of balance in life and the benefits of meditation to professionals in high stress careers.

Sonia works with business owners, executives, and lawyers who are ready to be challenged and to create change ... helping them experience true fulfillment, insight, and personal satisfaction in their personal and professional life. In addition to being an attorney, business owner, and executive life coach, Sonia is a facilitator and marketer, and has experience in Reiki healing therapy and Neuro Linguistic Programming.

Her unique *Success through Balance* coaching technique empowers business owners and professionals by teaching them ways to get more out of life while being successful in their careers. Sonia helps professionals discover ways to create more fulfillment in their jobs, more time in their day, more personal success, and to apply powerful methods to overcome negative thinking and behavioral patterns.

Sonia holds a Juris Doctor degree from the University of Florida, where she graduated as recipient of a full academic scholarship. She has a B.A. in Psychology from the University of Miami.