



# Sonya Gary

## Senior Facilitator/Coach

### EXPERTISE

Management/Leadership Skills Training

Global Communication

Remote Leadership

Empowering Women & Minorities

Fostering Greater Inclusion

### EDUCATION

M.S. Psychology, Winthrop University

BA Psychology, Winthrop University

With over 20 years of talent development and leadership experience, Sonya has facilitated and delivered talent development services for several MNCs, namely Morgan Stanley, Trepp Financial, General Electric and Prudential. As a facilitator, Sonya has delivered training on topics such as unconscious bias, leadership, remote management, process improvement and giving feedback.

Sonya was the Global Head of Talent Development for Corporate Services at Morgan Stanley where she was responsible for division-wide strategic talent development and communications programs, stakeholder management and DEI.

During her career in fast-paced banking, insurance, and real estate industries she has also gained extensive project management experience. Sonya has the proven ability to create impactful products that influence culture and employee development. She is an effective project manager who focuses on completion of projects on deadline and on budget. Sonya's career has taken her all over the world. She grew up in Greenville, SC and worked there until her career in finance brought her to New York City. She lived in New York for 10 years until she seized an opportunity to work abroad and spent the next 10 years in Hong Kong.

Sonya currently resides in Charlotte, NC. Passionate about giving back to the community, Sonya has used her skillset to support worthy causes, such as after school programs, women's empowerment and multicultural affinity groups based in New York, Hong Kong, and Mali, West Africa.



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