Sonji Millet is a transformational speaker and inner voice coach who helps you to go beyond your physical, mental and financial limitations. She is often affectionally referred to as Mrs. BLISS. Sonji teach you how to turn negative limiting beliefs into powerful actions, obstacles into opportunities and tragedies into triumphs which creates life affirming relationships that you want, desire and deserve. In her bestselling book, “TALK STRAIGHT DAMMIT”, Sonji and her husband, Stephen, shares their stories and processes on how to create a life of BLISS, which is defined as the freedom to love and be loved in abundance with complete forgiveness and without judgement.



Sonji earned two bachelor’s degrees in five years; one in chemistry and the other in chemical engineering. For the past 25 years, she has worked as a Safety, Health and Environmental professional and travels around the world teaching people to work safely so that they can enjoy their life without injury.

It took Sonji more than 10 years to find true love, Stephen, after her first marriage ended. Sonji has successfully balanced being a single mother, completing her master’s degree, volunteering in her community and church, traveling around the world for work and finding her soul mate. Today, Stephen and Sonji have been married 10 blissful, honeymoon years and counting. Together, they have raised their blended family of five children. They find their bliss by taking regular vacations, involving skiing, golfing, scuba diving and spa visits in exotic places around the world.

She is sought after for her personal coaching abilities and motivational techniques and is committed to sharing their life changing principles and proven strategies to help you TALK STRAIGHT DAMMIT to improve your relationships and create a life full of abundance and BLISS. She will make you laugh, cry and think about the possibilities while you transform your life.

If you feel insignificant, powerless, stuck, overwhelmed, stagnant or unhappy with your current situation, she can help you shift your paradigm. Her clients are happier, healthier, experience life affirming relationships and live more fulfilled and productive lives at home and at work. Contact Sonji Millet for your next speaking, coaching or training event.

