

GROUNDED | HUMAN | INTENTIONAL

SONIA ROBINSON

Slowing the conversation down just enough to create perspective

Signature Keynote

THE POWER OF THE PAUSE™

Sometimes Stillness Is the Strategy

When disruption, growth, or transition changes the path forward, the instinct is often to move faster. Sonia Robinson challenges audiences to do something different: pause long enough to reflect, think clearly, and move forward with purpose.

Blending lived experience with practical frameworks, Sonia helps professionals rethink resilience, protect their capacity, and make more intentional decisions about what comes next.

More from Sonia Robinson

Practical Resilience

Leading When Capacity Changes

Challenges leaders to move beyond endurance as the measure of strength.

Building Professional Equity

Your Career Is Bigger Than Your Title

Helps professionals recognize the value they are accumulating across every season of their career.

“**Sonia creates space for reflection while challenging people to think differently about resilience, capacity, and how they lead through seasons of change.**

Christie Finley, CEO, Leadership Greater Huntsville



When the path changes, pause before choosing the next move.

Modern leadership rewards action. Make the decision. Solve the problem. Keep moving. But when circumstances change, the strategy that got us here may not be the strategy that carries us forward.

In *The Power of the Pause™*, Sonia Robinson reframes the pause as an active leadership practice rather than an absence of progress. Through personal storytelling, practical examples, and a framework audiences can put to work immediately, she explores what becomes possible when we create enough space between *what happened* and *what happens next*.

Whether the disruption comes through organizational change, career transition, unexpected loss, rapid growth, or an opportunity that demands a different way forward, the principle remains the same:

Better decisions begin with a pause.

AUDIENCE TAKEAWAYS

- Recognize when continuing to push forward is no longer the most effective strategy.
- Create space for reflection and better decision-making during periods of change.
- Rethink resilience as more than endurance and constant forward motion.
- Protect capacity while continuing to make meaningful progress.
- Approach transition and what comes next with greater intention and direction.

IDEAL FOR

Leadership conferences • Corporate leadership development • Executive and emerging leader programs • Women's leadership events • Professional associations • Teams navigating growth, transition, or change

MAMIE RUTH & Co.



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About Sonia

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Sonia Robinson, MBA, APR, is a pause strategist, speaker, author, coach, and teacher whose work explores what it means to lead with intention through growth, disruption, and transition.

Her perspective was shaped by experience. After navigating breast cancer while continuing to build a demanding career, Sonia eventually made the decision to step away from work. What began as a personal season of stillness became a deeper examination of resilience, identity, capacity, and the pressure high-achieving professionals often feel to keep moving even when circumstances have changed.

That experience became the foundation of her book, *Pause: Sometimes Stillness Is the Strategy*, and ultimately The Power of the Pause™, Sonia's signature body of work.

Today, through Mamie Ruth & Co., Sonia brings that philosophy to organizations, leaders, and professionals navigating what comes next. Her approach blends lived experience with practical strategy, creating conversations that are deeply human while giving audiences something they can use long after the event ends.

WHAT SONIA BRINGS TO THE ROOM

Story that connects. Lived experience that makes the message human and memorable.

Strategy people can use. Practical frameworks that move the audience from reflection to application.

Space to think. A speaking style that slows the conversation down just enough for people to see their circumstances differently.



The Power of the Pause:
Sometimes Stillness Is the Strategy
Available on Amazon

BRING THE POWER OF THE PAUSE™ TO YOUR ORGANIZATION

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