



Official Bio

Dr. Chris Sopa is an industrial organizational psychologist, speaker, and researcher who has spent the last 20 years studying human potential, self-awareness, and 'selective mind theory™' (the ability to select the thoughts that will drive the behaviors we seek).

Dr. Chris' passion can be found at the juncture of the mind (logic) and the heart (intuition), both working together as channels that guide us on our own unique path. She uses the idea of tapping into the whole person (physical, mental, emotional, spiritual) to help people overcome seemingly impossible obstacles, personal and professional life changes, loss of power (self-worth), and illness.

Dr. Chris is the author of three published books ***Choosing the Life You Were Born to Live: How Changing Your Thoughts Will Change Your Life*** (Balboa Press, 2012), ***Breaking Free: Overcoming Self-Sabotage*** (Professional Women Publishing, 2013), and ***Women of Courage*** (Professional Women Publishing, 2020), as well as several white papers and articles.

Dr. Chris received a B.S. from Bowling Green State University and a M.S. and Ph.D. from Capella University, where she graduated with high honors. She is currently the CEO of The Wayfarer Group, LLC, which she created in 2003 as an organization to inspire human potential. She resides in Scottsdale, Arizona.