

Dr. Chris Sopa is an Industrial Organizational psychologist, speaker, and researcher who has spent the last 20 years studying human potential and self-awareness. After experiencing several tragic and challenging life events, Dr. Chris became a student of her own life and is compelled by the belief that when self-aware, we can extract the lessons from our life experiences and use them to guide us.

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, and loss of power (self-worth). Dr. Chris' current research (and next book!) dives deeper into imposter syndrome, uncovering why we experience it, how to overcome it, and the mindset needed to avoid it altogether.

Dr. Chris has authored ***Choosing the Life You Were Born to Live: How Changing Your Thoughts Will Change Your Life*** (Balboa Press, 2012), which explores the power our thoughts have over our lives, how to overcome our deepest fears, using our emotions as a guide, and understanding why we make the choices we do in our lives. She has also been a contributing author for ***Breaking Free: Overcoming Self-Sabotage*** (Professional Women Publishing, 2013), where she discusses how the quality of your self-worth and self-knowledge are the key to healthy relationships; ***Women of Courage*** (Professional Women Publishing, 2020), which tells the story of her daughter's heroin addiction and how it changed her life.

Dr. Chris received a bachelor's degree in biology from Bowling Green State University and a master's degree and Ph.D. in Industrial Organizational Psychology from Capella University, where she graduated with high honors. Dr. Chris has served as an adjunct faculty member for Purdue University Global Department of Graduate Psychology and Walden University, as well as a Senior Dissertation Chair for Grand Canyon University. Dr. Chris is currently the CEO of

The Wayfarer Group, LLC, which she created in 2003 as an organization to inspire human potential.

Chris lives in Glendale, Arizona and has two grown daughters and a grandson.