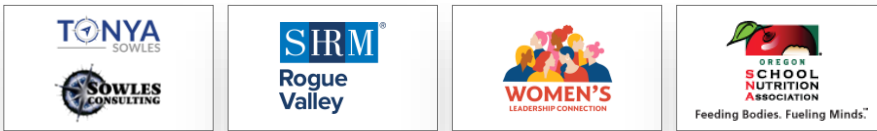




MBA, SHRM-SCP

HR CONSULTANT



Tonya Sowles, MBA, SHRM-SCP, is a speaker, facilitator, and HR strategist who helps businesses build engaged, high-performing teams. With over 25 years of leadership experience and a passion for simplifying HR, Tonya brings practical, real-world insight to every presentation. As the founder and CEO of Sowles Consulting, she partners with organizations to maximize people, productivity, and profitability-making complex workplace challenges easy to navigate and act on.

SIGNATURE SPEAKING & TRAINING TOPICS

LEADERSHIP & CULTURE

- Lead Like a Pro-Build strong teams, set clear expectations, and delegate effectively.
- Influence with Impact-Master persuasion, communication, and psychological safety.
- Level Up Leadership-Confidently handle conflict and tough conversations.

EMPLOYEE ENGAGEMENT & RETENTION

- Engage To Retain-Building Teams That Stay
- Performance Reviews Without The Pain-How To Do Check-ins Right
- Hire Like A Pro-Smarter Hiring For Business Success

HR ESSENTIALS FOR BUSINESSES

- Building an HR Foundation That Fuels Growth
- Compliance Without Complexity-What Every Employer Should Know
- HR That Means Business-Aligning People, Strategy, and Profit

AUDIENCE & FORMAT OPTIONS

PERFECT FOR

- Conferences, HR Associations, and Industry Events
- Leadership Retreats & Team Trainings
- Business Owner Groups & Chambers of Commerce

DELIVERY OPTIONS

- 45-90-minute keynotes, breakouts, workshops
- Half- and full-day workshops
- Virtual sessions and customized team programs

WHY CHOOSE TONYA

- SHRM-SCP Certified with 25+ years of HR and leadership experience.
- Dynamic Speaker delivering practical, high-energy presentations nationwide.
- Tailored Content aligned with each organization's goals.

CALL TO ACTION

Let's Bring Your Next Event to Life!

Schedule A Discovery Call To Explore A Keynote, Training, Or Custom HR Session That Inspires Your Team To Perform At Their Best.