



Sonja Lowe is a country girl with a city girl flare. She is a wife and mother and her family is her passion and first ministry. She has been married and walking alongside her best friend and supportive husband, Bradford, Sr., for 26 years. They have three beautiful children and one grandchild.

Sonja is known nationally as an energetic, engaging speaker and author with a genuine love for people. As visionary and Executive Director of 1Embrace Inc., a certified 501(c)3 national model for community involvement and host of The BARE Experience for Women.

Sonja inspires others to be difference makers and encourages them to step into their purpose through serving others. Sonja is also a retired managed care nurse, serves as EVP of Advocate Relations & Leadership for Trivesta, LLC, Founding Asst. Director of Leads Club in Texas and an Executive Coach, who focuses on organizational development, motivational speaking and one-on-one coaching. Sonja has many titles but her most cherished title is "Daughter of King Jesus."

She is a passionate activator, establishing successful urban initiatives such as development programs, community-building events, and awareness and education campaigns. Sonja is a strong communicator and has worked with numerous non-profit organizations and companies to maximize impact with creative and collaborative solutions.

Sonja is a proven and successful leader in the relationship marketing industry where she connects with your WHY to help you live a life of freedom and fulfillment. She is a licensed minister and trailblazer with over a decade of community involvement. As a result, the influence of her ministry, both itinerant and local, has broken through denominational and cultural barriers, thus affording her the privilege of impacting thousands of lives across varied and distinct platforms.

When Sonja is not pouring into her family and others she loves to travel and relax on beautiful beaches around the world. She loves her Grace Church of Humble family and is honored to have the opportunity to serve God's people and extend the reach of her Pastors, Brett and Scott Jones.

Mark 9:23, "If you can believe, all things are possible to him who believes "