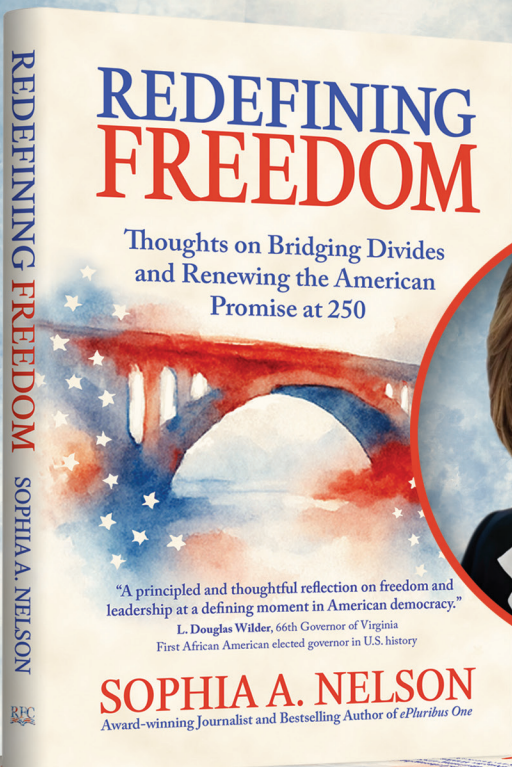


# SOPHIA A. NELSON SPEAKER & MEDIA KIT



**SOPHIA A. NELSON, ESQ.** is an award-winning journalist, global keynote speaker, bestselling author, constitutional commentator, attorney, professor, and founder and CEO of *The Redefining Freedom Center of Virginia*, a nonprofit dedicated to renewing civic trust, strengthening democracy, and reimagining freedom for the 21st century. A frequent commentator on *CNN*, *MSNOW*, *PBS*, and *C-SPAN*, she has appeared across virtually every major national and global media platform—from *The Today Show* to leading public affairs and political programs—offering sharp analysis, fearless honesty, and moral clarity on democracy, citizenship, leadership, faith, culture, and the future of the American republic.

A force of nature on stage, Nelson is known for riveting audiences with keynote addresses that are intellectually serious, emotionally resonant, and deeply relevant to the

times in which we live. She is a straight shooter—fearless in telling hard truths, yet always grounded in hope, dignity, and deep respect for her fellow citizens. Whether addressing a university convocation, leadership summit, corporate retreat, faith gathering, or major public forum, she brings passion, rigor, wisdom, and unforgettable presence. Her presentations do more than inform; they move people, spark conversation, and call audiences to higher ground.

A woman of color with decades of experience across media, higher education, law, government, and public policy, Nelson brings unusual depth, credibility, and lived experience to the national conversation. She has worked on Capitol Hill, practiced in major law firms, taught and lectured in university settings, and built a trusted platform as a columnist, journalist, commentator, and public intellectual. Her work bridges constitutional principles, current events, moral leadership, and lived experience in ways that resonate powerfully with students, executives, educators, civic organizations, and audiences around the world.

Nelson is the bestselling author of multiple books, including her forthcoming 2026 release, *Redefining Freedom: Thoughts on Bridging Divides and Renewing the American Promise at 250*. Timed to America's 250th anniversary, the book is an urgent and hopeful call to renew the American promise by restoring civic trust, reaffirming liberty and justice for all, and reengaging citizens in the work of democracy. Her message is unmistakable: freedom is not self-sustaining. Every generation must choose it, protect it, and renew it.

Known for her warmth, conviction, and command of the room, Nelson challenges audiences not only to think more deeply, but to lead more courageously and live more responsibly. In an era marked by division, cynicism, and institutional distrust, she offers something rare: truth without cruelty, patriotism without nostalgia, and a bold, unifying vision for how we move forward together.



morning joe



BLACK ENTERPRISE



ESSENCE

# FEATURED SPEECH TOPICS

BESTSELLING AUTHOR | CONSTITUTIONAL COMMENTATOR | JOURNALIST | CIVIC THOUGHT LEADER

## Democracy, Citizenship & America 250

*Redefining Freedom: What “We the People” Must Do Now*

As America approaches its 250th anniversary, Sophia Nelson invites audiences to wrestle with one of the most urgent questions of our time: Can we preserve freedom by renewing our commitment to citizenship, constitutional democracy, and one another? In this powerful and inspiring keynote, Nelson explores why freedom is not self-sustaining, why civic disengagement has become a national crisis, and what it will take to restore trust, responsibility, and shared purpose in American life. Blending history, law, faith, lived experience, and moral clarity, she offers a hopeful but candid roadmap for renewing the American promise for the next generation.

### ATTENDEE RESULTS:

- Understand why freedom must be renewed by every generation.
- Explore the connection between civic disengagement and democratic decline.
- Learn how constitutional democracy depends on informed, engaged citizens.
- Gain a framework for restoring trust, responsibility, and shared purpose.
- Leave inspired to take a more active role in preserving the republic.

## Civic Leadership, Trust & Social Renewal

*Bridging Divides, Restoring Trust, Rebuilding the Social Contract*

In an age of polarization, cynicism, and institutional distrust, leaders are being asked to do more than manage organizations—they are being asked to help hold communities together. In this timely keynote, Sophia Nelson examines how trust has eroded in American life and what it takes to rebuild it across lines of politics, race, faith, generation, and class. With her trademark candor and grace, she challenges audiences to rethink leadership as moral courage, civic responsibility, and a willingness to tell hard truths while still honoring the dignity of others.

### ATTENDEE RESULTS:

- Learn why trust is foundational to healthy institutions and effective leadership.
- Understand the forces driving polarization and civic fragmentation.
- Discover practical ways to lead across disagreement and difference.
- Gain tools for fostering courage, civility, and mutual respect.
- Reframe leadership as a force for repair, renewal, and common purpose.

## Constitution, Law & American Democracy

*Liberty and Justice for All: Reaffirming the Bill of Rights for a New Era*

The Constitution and Bill of Rights remain among the greatest frameworks for ordered liberty in human history—but documents alone cannot sustain a free people. In this thought-provoking keynote, Sophia Nelson explores how constitutional principles can still guide us through cultural upheaval, civic apathy, and deep national division. Rather than discarding America’s founding ideals, she calls audiences to reclaim them honestly, widen them fully, and live up to them more faithfully in the 21st century.

### ATTENDEE RESULTS:

- Deepen understanding of the continuing relevance of the Constitution and Bill of Rights.
- Explore how liberty and justice must be extended fully and fairly to all.
- Learn how constitutional principles can guide modern leadership and civic life.
- Examine the difference between patriotism, nostalgia, and denial.
- Gain a hopeful framework for national renewal grounded in founding ideals.

## Women’s Leadership, Media & Power

*Women, Leadership, and the Courage to Shape Culture*  
*As a longtime contributor to Forbes and ForbesWomen*

Sophia brings a unique perspective to the evolving role of women in leadership, influence, and public life. In this empowering keynote, she explores what it means for women to lead with courage, clarity, and conviction in a time of cultural upheaval and institutional change. Drawing on her work in media, law, business, and public life, Nelson offers a timely message about voice, visibility, resilience, and the power of women to shape the future of leadership and culture.

### ATTENDEE RESULTS:

- Gain insight into the leadership challenges and opportunities facing women today.
- Learn how courage, clarity, and authenticity strengthen influence.
- Understand the power of voice and visibility in shaping culture and institutions.
- Explore how women can lead change without losing themselves in the process.
- Leave encouraged to lead with confidence, purpose, and moral conviction.

## IDEAL AUDIENCES

COLLEGES AND UNIVERSITIES | LAW SCHOOLS | LEADERSHIP CONFERENCES | FOUNDATIONS AND NONPROFITS  
CIVIC AND CONSTITUTIONAL FORUMS | CORPORATE RETREATS | WOMEN’S LEADERSHIP EVENTS  
FAITH AND COMMUNITY ORGANIZATIONS | AMERICA 250 PROGRAMMING

[www.iamsophianelson.com](http://www.iamsophianelson.com) • [www.redefiningfreedomcenterofvirginia.org](http://www.redefiningfreedomcenterofvirginia.org)

