

SOPHIA KNIGHT

As a consulting partner with CHAIN ASSOCIATES, LLC, Sophia is responsible for Executive and Leadership Development through training, coaching, strategic planning and meeting facilitation. Particular Areas of concentration include executive business coaching, strategic action planning, organizational effectiveness review (people aligned with objectives and working in the right jobs), customized business training, development of General Manager and Senior Manager Conference training. Sophia also provides one on one mentoring to business owners who want to improve the effectiveness of their team or who desire to create succession plans.

Experience

Sophia has enjoyed more than twenty five years of business experience in sales & marketing, operations, coaching and consulting, as well as human resource development/training and executive management.

As Chief Operating Officer for Lincolnwood Illinois-based, Food For Thought Enterprises, Sophia led the company's growth, culture transformation, and organizational business-readiness. At Lettuce Entertain You Enterprises, she directed the marketing at a time of quantum growth for Chicago-area firm. At The National Restaurant Association's Educational Foundation, Sophia spearheaded the creation of the marketing arm as well as the corporate reorganization. Sophia has also served as Vice President of People Development and Marketing for Oak Park-based, Flat Top Grill.

Currently the CEO of Sophia Knight International, she provides corporate and executive consultation and mentoring in the areas of strategic planning, human resources, organizational effectiveness, leadership/management development, integrated marketing and project supervision. As the former president of Organization Performance Solutions, Inc., she co-founded The INTERFUSION Experience™ and provided management and strategic consultation to a wide-variety of firms both in and out of the restaurant industry.

Her most recent initiative is Leaders Inspired™, a consulting brand delivering corporate and executive coaching and leadership development, which embodies Sophia's mission of transformation - remembering that Inspired Leaders Live Inspired Lives.

Trade Publishing

Sophia is the author of more than 20 proprietary training programs. She is the co-author of *Strategy Focus*™ and *Personal Focus*™ and the *Interfusion Knowledge Break Series*™. She was a contributing author to a groundbreaking training series sponsored by MasterCard International, *The NeXt Generation of Customer Service*.

Education

Sophia received a BFA in Theatre from The Goodman School of Drama at DePaul University.