



SONJA MEIGHAN

Sonja is the Director of Services at Merryck & Co. where she is responsible for overseeing operations and the delivery of Merryck services. She is a member of the Merryck America's Operating Committee and a member of the Global Operating Committee. In addition to her leadership responsibilities, she regularly assists in team facilitation and project manages team and cohort events, capturing insights generated during the engagements. In her role she regularly interfaces with senior leadership teams and conducts interviews with executives in support of team and cohort engagements. Through her work she has been involved in interviewing hundreds of senior executives capturing key insights on leadership. Sonja oversees Merryck's account management process, supports mentor professional development, event content development, program design, solutions and services. She has also co-authored several articles and has collaborated with Merryck CEO, David Reimer, for the last three years as a regular contributor to HRPS' Quarterly Journal, People + Strategy. Sonja is certified from the Barrett Values Centre to administer and debrief the Leadership Values Assessment. She started her career with Merryck in the role of Client Services/Consulting Associate to support the Washington, D.C. office.

Sonja is a graduate of Washington and Lee University where she received a BS in Business Administration. At Washington and Lee, she was the captain of the Women's Tennis Team and is a seven time All-American. She is a dual-citizen of the U.S. and Norway.

"The work Merryck did with our team was powerful and impactful. Sonja played a significant role in capturing the core of the discussions and then converting them into actions that we used immediately. Some of the other output she developed we still use. She is smart, professional and plays a critical role with the Mentors in delivering an experience that I have yet to see in any other firm."

Fortune 50 C-Suite Executive