

Bio Template for all More To Life personnel:**Name:**

Sophie Sabbage

Role:

Senior Trainer and member of Council of Stewards

Involved with MTL Since?

1991

Education and other relevant degrees:

BA in Humanities (English Literature and Psychology)
Diploma in Change Agent Skills and Strategies

Country of residence:

United Kingdom

Languages Spoken:

English

Main Training Location/s:

UK locations: London, Manchester, North East

Published Works:

The Cancer Whisperer: published by Hodder & Stoughton in the UK, Penguin Random House in the USA and translated into eleven languages.

Columnist for *Psychology Today*

Various articles and essays for British newspapers

Professional MTL Bio:

Sophie Sabbage has been a Senior Trainer since 2000 and has been involved with *More To Life* since 1991. She has served on the International Board and held various leadership positions. She co-founded *Interaction* with Dr. K. Bradford Brown, who created the *More To Life* material, and spent twenty years taking it into leading organisations around the world. In October 2014, she was diagnosed with incurable cancer and has since been bringing this work to the cancer world by helping patients navigate the fear and grief that comes with a diagnosis as well as by empowering them to direct their treatment. Her bestselling book has placed her on a global stage in this arena as a keynote speaker and a voice for patients in the media.

Personal Statement:

I have dipped my toes in dozens of methodologies in the “personal growth” and “spiritual” arenas, but have come across none more effective than the work of *More To Life*. I love it because it is not just about the “personal”. It is about “mastery of self in service” and being our best in creative response to the curve balls life throws at us. Because of this, I was able to receive a death sentence as a life sentence, to see cancer as a teacher not an enemy, to turn a terrifying experience into a transformational one (whatever the final outcome) and to make a difference to thousands of other patients in unforeseen ways. Even while living with a very challenging illness, I am able to be an agent of change and contribute to creating an inheritable world. This is what we are about.

I am very happily married to my husband, John, and blessed to be the mother of our turbo-charged daughter, Gabriella. She was born late in my life, against significant odds. B.C. (Before Cancer), I used to say I would die for her. Now I say I would *live* for her and am doing everything in my power to that end.

I was very privileged to be personally mentored by Brad Brown, the co-founder of *More To Life*, for fifteen years – as his friend, student and business partner. I miss him immensely, but am a proud custodian of a legacy that imbues the world with truth, authenticity, forgiveness, courage, purposefulness and love.