Influential Women Spotlights Sonya Cooke: Strengthening Families Through Mentorship And Strong Community Leadership



INDIANAPOLIS, IN, UNITED STATES, October 1, 2026 /EINPresswire.com/ -- Nonprofit Leader, Mentor, and Speaker Creates Opportunities for Girls and Mothers Through Girl Talk Incorporated

Indianapolis, Indiana – Sonya Cooke is a nonprofit leader, mentor, speaker, and advocate dedicated to empowering girls and strengthening families throughout the Indianapolis community. As the founder and executive director of Girl Talk Incorporated, she has spent more than a decade creating safe, non-judgmental spaces where girls can build confidence, develop leadership skills, and overcome personal challenges.

Inspired by her own experiences as a teenage mother in need of support and encouragement, Sonya established Girl Talk to ensure that young women have access to mentorship, guidance, and opportunities that help them realize their full potential. Her personal journey has shaped her commitment to supporting girls and mothers while creating programs that address personal development, education, career preparation, and long-term stability.

Under Sonya's leadership, Girl Talk has grown into a comprehensive nonprofit serving girls ages 10 to 18 and single mothers through a variety of empowerment initiatives. The organization's signature eight-week empowerment program, launched in 2016, addresses topics including self-esteem, conflict resolution, financial literacy, body positivity, and personal development. Through these programs, participants have opportunities to develop skills and confidence while receiving guidance in a supportive environment.

Girl Talk also offers Empower Her Academy, career mentorship, business internships, after-

school tutoring, and one-on-one mentoring. For mothers, the Mother Supporting Mothers Quarterly Workshop provides another avenue for connection and support. The Thrive Project further expands the organization's services by providing mothers with mental health support, financial literacy education, career preparation, homeownership resources, and other wraparound services designed to promote long-term stability and success.

Sonya's journey reflects resilience, determination, and lifelong learning. After leaving high school as a teen mother caring for a child with cerebral palsy, she later earned her GED and completed a bachelor's degree in marketing at the Indiana Institute of Technology. She has also pursued professional certifications, including credentials in mental health, business marketing, coaching, public speaking, and etiquette instruction. Her professional development reflects her continued commitment to learning and expanding the ways she can serve others.

As a certified professional coach, Toastmasters professional public speaker, and etiquette instructor, Sonya continues to develop skills that complement her work with young women and families. She is a member of the National Association for Women Business Owners (NAWBO), IPS 48, Girl Talk Incorporated, Girls Inc., and Big Brothers Big Sisters of America. Her involvement in professional and community organizations gives her additional opportunities to mentor, inspire, and contribute to the communities she serves.

Among Sonya's proudest achievements is celebrating Girl Talk's 10 Years of Impact. The milestone was marked by testimonials from girls and mothers whose lives have been transformed through the organization's commitment to empowerment, support, and community engagement. The stories reflect the importance Sonya places on creating meaningful opportunities for people to grow and move forward.

For young women entering the industry, Sonya emphasizes believing in their abilities, staying focused on their goals, and taking initiative. She encourages aspiring entrepreneurs to create a solid business plan, conduct thorough research, and clearly define their niche to establish a strong foundation for success. She also believes that choosing a path fueled by genuine passion can help young women navigate challenges, seize opportunities, and build rewarding and sustainable careers.

Family, community, mentorship, and personal growth remain central to Sonya's work and personal life. She is passionate about giving back through professional organizations and community nonprofits while continuing to mentor and inspire others. Her commitment to continuous learning is also reflected in her etiquette instructor certification and plans to integrate etiquette training into Girl Talk.

Through her leadership, mentorship, and dedication to lifelong development, Sonya continues to focus on helping others grow, fostering meaningful connections, and supporting girls and families throughout the Indianapolis community.

Learn More about Sonya Cooke:

Through her Influential Women profile: https://influentialwomen.com/connect/sonya-cooke

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