

Short bio:

Sophia is an inspirational speaker
Co-host and producer of Spark A Mother-Daughter Journey Podcast.
Singer/Songwriter
And Co-CEO of Girl on Fire Empowerment.

Long bio

Sophia is a grade 12 student at École Secondaire Du Sommet.

Firstly she is Co-Ceo of Girl on Fire Empowerment for teens, which she and her mother, Jenny Kierstead, are turning into a charity. She is also Co-Host/Producer of SPARK, A Mother-Daughter Journey Podcast in affiliation with Girl on Fire, which aims to bridge the generational gap.

As a public speaker and mental health advocate she travels around Atlantic Canada speaking to students, as well as conferences, and the Department of Education. She focuses on the importance of trauma literacy and mental wellness, which is a subject that is close to her heart, after the loss of her aunt, Lisa McCully, who was killed in the NS massacre in 2020. Most recently she was the keynote speaker for the mental health symposium in NB in affiliation with the Center of Excellence for Health. She has also been profiled by the CSAP School Board as a young female entrepreneur. Her work was incorporated into the online entrepreneurship course and students will receive her podcasts and videos that are designed to support them through their entrepreneurial endeavors.

She is quite passionate about supporting young entrepreneurs and is dedicated to not only raising awareness of the many possibilities in the field but also providing tools for those interested.

Finally, she is a singer/songwriter and has had the opportunity to collaborate with accomplished musicians such as Jennah Barry and currently Meaghan Smith.



South Shore
Regional Centre for Education



My story:

I have a lot of passions and I've been lucky to be able to pursue them to the degree in which I have. My love for entrepreneurship became more and more prevalent as I aged. Starting out when I was only 13 I began speaking to large groups of over 500 people. This led me to then identify myself as a public speaker and mental health advocate going on to travel around Atlantic Canada speaking to students, as well as conferences, and the Department of Education. I focus on the importance of trauma literacy and mental wellness, which is a subject that is close to my heart, after the unexpected loss of my aunt, Lisa McCully, who was killed in the NS massacre in 2020.

This event really highlighted for me the need for more teen mental health support, and I was lucky enough to have a teen voice to advocate for others. I also came to recognize that trauma informed teaching should be utilized within the classroom as so many of our youth have experience with trauma of varying degrees. At the mere age of 14 I pitched my idea to incorporate trauma informed teaching into the classrooms of my own school Sommet, from there I went on to present to the MK School Board and MSVU in the education department on multiple occasions.

I am ARC Trauma Training certified through Margaret Blaustein, PhD and certified in Trauma-sensitive Mindfulness. As well having received my level 1 Anxiety Recovery and 200hr Yoga Instructor certification by Jenny Kierstead. I am also co-host and producer of Spark, a mother daughter journey Podcast and Co-ceo of Girl on Fire, which I do alongside my mom, Jenny Kierstead. Lastly I am a singer/songwriter and have had the opportunity to collaborate with accomplished musicians such as Jennah Barry and currently Meaghan Smith.

I've performed in a Tedx at the mere age of fourteen as well as on public television to an audience of over 200,000 people. I am very passionate about increasing the level of awareness and support for young entrepreneurs and have recently worked with my CSAP school board to be profiled as an emerging entrepreneur where I created worksheets and podcast episodes to workshop the key ingredients of entrepreneurship. I am someone who loves to create in my free time and this usually translates into poetry or even short novellas. Social connection is extremely important to me and of course none of these accomplishments would have been possible without the endless support of my family.