

Faculty Spotlight **Professor Sophie Valerio**

Ms. Valerio has over 20 years of expertise in Engineering, Quality Systems Management, and Six Sigma Implementation. She has worked internationally, from “hands on” engineering level to corporate leadership positions, from small to large companies, including aerospace regulated Six Sigma projects. Ms. Valerio’s proven track records include initiation to completion of ISO 9000 companywide certification as well as leading Quality, Maintenance, and Manufacturing departments. Fluent in both French and English, Ms. Valerio earned a Master’s degree in Mechanical Engineering with an Industrial Engineering specialty in France, and a Master’s degree in Quality System Management with Six Sigma specialty in the USA.



NGS Professor, Sophie Valerio

Ms. Valerio has been a Professor with NGS since 2005. Her diverse expertise with Quality Systems and Human Behaviors is her primary strength. She has a unique ability to guide students with passion and simplicity through implementation of even the most complex multi departmental process improvements. As a Professor with NGS, Ms. Valerio measures success not only by the outcome of assignments, theses, and projects, but also the smile and satisfaction of each student. *“Creating an interactive joyful environment is a must to learning and retaining knowledge,”* she says. Her upbeat, positive, dedicated, and supportive teaching style has been appreciated and noticed by many students at NGS.

In 2006, Ms. Valerio’s entrepreneurial mind and passion to help others lead her to establish WellTastic®, a successful business and professional life coaching company. While growing her company, Ms. Valerio’s life was turned upside down when she found out she had an advanced stage of aggressive breast cancer. As a single mother of two young boys, with a contagious smile on her face, she successfully combined Six Sigma processes and coaching principles to run her life and business while beating the odds of her illness. *“Body, mind, & family dynamics are similar in many ways to company systems.”* she says. *“It only makes sense to apply the methodologies and principles I know and trust to help me increase my chances of living longer and better.”* Now healthy, active and enjoying time with her children, Ms. Valerio has added Wellness Coaching to her already successful WellTastic® business model. You can find more information and some of Ms. Valerio’s published articles at www.WellTastic.com.