

**Sophie Sumner**  
**GXC'S CHIEF**  
**CORRESPONDENT**  
**TALKS RECOVERY**  
**MONTH**



## Sophie Sumner talks Recovery Month ahead of #GXC2024

We are celebrating recovery month by sharing our Chief Correspondent Sophie Sumner's journey of recovery.

Four years ago, Sophie Sumner reached a turning point in her life. Every part of her world felt like it was unraveling—she was trapped in a cycle of fear, anxiety, dread, and scarcity. She felt broken, unable to see a way out, and hadn't yet realized that alcohol was behind it all.

*"Somehow, and God knows how, through a strange turn of mystical events, I found my sobriety. In a world where alcohol had always left me feeling isolated, I discovered a community. I found people who understood everything — even the things I had vowed to keep hidden. They embraced me, and through their love, I learned to love myself again.*

*From there, I went back and mended the broken pieces of my past, slowly rebuilding my life from the ground up. It's the best thing I've ever done, and it continues to be, every single day, one day at a time.*

*Sobriety gave me a second chance at life, a chance to be the person that I had always wanted to be, I am now so proud of the women that I have become."*

Mental health and addiction are issues that touch everyone's lives, whether through personal experience, the experiences of loved ones, or in

professional settings.

The Global Exchange Conference are absolutely elated to have Sophie here with us again this year, bringing her passion, bright energy and desire for deep connection to #GXC2024!



After embracing the recovery community and focusing on her well-being, Sophie is living her best life. She has just finished shooting her second feature film—her first, *Killington*, is now streaming on Amazon Prime. She also heads up an all-female talk show on Amazon Live called *Just Between Us* and is a contributing editor for *Daily Front Row* fashion magazine. Signed to top talent agency UTA, Sophie is achieving everything she dreamed of.

Sophie has co-created a recovery movie **“Day One”** which will premiere at **#GXC2024**. “Day One” by Sophie Sumner and Frank Perz will share the journey of Recovery.

**“Day One” delves into the fragility of sobriety, but its more than just a story of relapse. Above all, it’s about hope and strength in the community.**

*“The Global Exchange Conference is something very dear to my heart. I was overwhelmed last year with all the incredible speakers in one place and the excitement about the future of mental health. So many people in one place doing so much good!”*

*And as a thank you for reading my story, I’d like to gift you \$150 off your ticket to #GXC2024. Please pop in my unique code **SSGXC24** when registering.*

*I look forward to meeting you all at #GXC2024, sharing, interviewing and connecting with everyone there....”*

Sophie

Congratulations to our two winners of the **Win Tickets to #GXC2024 Competition**:

Graci Tipton - Instagram | Robin McEvoy - Facebook

Our team will be in touch!

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**BOOK YOUR TICKET TODAY FOR #GXC2024!**



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