



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services



MEDIA RELEASE

April 30, 2024

FOR IMMEDIATE RELEASE

Living with Intention

Minister Cox receives courtesy call from versatile author, Dr Sonia Noel

Port of Spain - Minister of Social Development and Family Services Senator the Honourable Donna Cox received a courtesy call from best-selling author Dr Sonia Noel. The meeting took place at the Ministry's Office on St. Vincent Street in Port of Spain on Tuesday 30th April, 2024.

During the meeting, Dr. Noel presented Minister Cox with a copy of her book *Living with Intention*. This book is one of her earliest works, now one of her ten books available on Amazon. *Living with Intention* delves into her personal journey as Dr Noel believes that every life has a story, and each story is significant. The book also explores using determination, faith, focus, self-discipline and consistency to navigate life's challenges while also highlighting the significance of self-love.

Minister Cox commended Dr Noel adding that her book emphasizes the importance of adopting and practicing certain values, particularly positive values, as essential elements of intentional living. The Minister further shared with Dr Noel about the Ministry's ongoing efforts for transformation in the workplace via the Ministry's internal Values, Attitudes and Behaviours (VABs) Campaign, highlighting its goal of fostering a more client-centered approach among staff. She closed by adding that she is eager to add the book to her reading collection.

About the Author

Dr. Sonia Noel is a John Maxwell Trained Coach, Entrepreneur, Philanthropist, Mentor, renowned Guyanese Designer, Speaker and best-selling Author. She is the visionary behind several socio-cultural pillars in Guyana, including Guyana Fashion Week, the Sonia Noel Foundation, the Women in Business Expo, the Women's Association for Sustainable Development, and Inspire You—a series of motivational workshops for personal and professional growth. Her designs and creations have graced the pages of numerous publications across the Caribbean.

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Minister Cox is presented with a copy of the book “Living with Intention” from author Dr Sonia Noel.



Dr. Noel briefly provides the Minister with an overview of the contents of her book.



“Living with Intention” presented to Minister Cox explores the themes of determination, faith, focus and self-discipline while also highlighting the significance of self-love.