# Maturn Co-Founders Bio's

### Jen Murtagh, Co-Founder (she/her)

With over two decades of experience spanning both corporate and non-profit, heart-centred leadership has been the guiding star of Jen Murtagh's career. An award-winning and values-based C-Suite leader, Jen has successfully led and raised millions for national campaigns on anti-bullying, vulnerable youth, and advanced gender equity through her work with a variety of women's organizations.

As an ICF accredited leadership coach, Jen supports women to live and lead bravely through her 1:1 coaching, workshops, speaking and signature Brave Leadership for Women program. Jen is a Business in Vancouver 'Forty Under 40' Award Winner and Greater Vancouver Board of Trade 'Women of Promise'.

Jen is a community champion, who has volunteered thousands of hours for countless charities and in 2017 fulfilled a lifelong dream by travelling to Africa to lead mentoring and goal-setting workshops with non-profit One Girl Can. Jen is a mother and stepmother to four children who was inspired to co-create Maturn to serve mothers in a deep and meaningful way while advancing gender equity.

### Sonja Baikogli Foley, Co-Founder (she/her)

Sonja holds 15+ years of diverse experience in non-profit, public and private organizations and has always been drawn towards impact-driven work that genuinely makes a difference in the lives of others. Born to Iranian refugee-status parents in Sweden, she experienced her life from the eyes of displaced parents. These early experiences and hardships shaped Sonja's foundation and made her the

person she is today.

Educated in Sweden, Canada and Spain, Sonja began her career in media working in radio and continued to create change through her career — from participating in the United Nations, to serving as a board of director on the YWCA Canada Board for five years, to being appointed to the West Vancouver Police Board by the Province of BC in 2020, and most recently led the Intergovernmental Relations & Strategic Partnerships team at the City of Vancouver.

Sonja co-founded Maturn out of a desire to support women and turn maternity leave into an intentional year. She's a proud mother of two who is driven to build a more equitable, compassionate and inclusive world for future generations.