



Sonya Dolan

Chief Operating Officer, Co-Founder, Mettle Health

Sonya's career in hospice and palliative care was shaped by the loss of her mother. This, combined with her role as a caregiver, profoundly shaped her professional path. After transitioning from event management to hospice administration, she worked closely with clinicians, patients, and families to deliver care and support. Her hospice work also introduced her to her co-founder BJ Miller, and palliative care. Her extensive experience in caring for those navigating illness and death, coupled with her journey as a breast cancer survivor, has provided Sonya with a deep understanding of both the strengths and limitations of the healthcare system. She is particularly committed to working with empathy and compassion, learning from clinicians, and recognizing the essential role of heart-centered care in improving the patient and caregiver experience.