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Sophia originally came to IATP in 1997 as a senior associate to work on trade. She directed IATP's trade and global governance program from 2000 to 2006, and later served as a senior advisor until 2018. She joined IATP from Geneva, where she had worked for two years with the United Nations Nongovernmental Liaison Service. For over a decade, she operated a successful independent consultancy business. She served two consecutive terms as a member of the steering committee of the High-Level Panel of Experts to the United Nations Committee on World Food Security.

Sophia has a BA in Politics, Philosophy and Economics from Oxford University, an MSc from the London School of Economics in Social Policy and Planning in Developing Countries and a Ph.D. from the Institute for Resources, Environment and Sustainability at the University of British Columbia.