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Meet a Scientologist—Sophie Tafreshi: Young, Enthusiastic, and Unstoppable

Scientologist and fashion show production manager Sophie Tafreshi has what it takes to succeed. Her profile is one of 200 “Meet a Scientologist” videos available on the Scientology website at www.Scientology.org.

Sophie Tafreshi knows what she wants, and she is well on her way to getting it. She is launching herself on a new career.

This is her first season as manager of a production company that puts on runway shows all over the country. She hires the models, works with the producer and makes sure all the thousands of tasks get done that result in a smooth-running professional production.

Tafreshi, 23, is also an equestrian and competitive show jumper, which she describes in a video at www.Scientology.org.

“There’s tons of nerves and pressure in this sport,” she says. “These are 2,000-pound animals you’re riding and they have minds of their own. Having the skills I’ve learned in Scientology makes it so much easier to stay focused and have a quick reaction time. It has definitely given me the ability to be calm, which is *huge* in my sport, because the horses feel every emotion that’s going through your body.”

Tafreshi is just as excited and focused on her new career. While working in the fashion industry, she is also pursuing a business degree through online college courses. She finds this the perfect fit with her frequent travel for fashion shows and allows her to balance work and study.

“I went to school at the Delphi Academy which uses Study Technology developed by L. Ron Hubbard,” she says. “One of the most important principles I learned there is the importance of *doing* something with your education.”

While still in high school, Tafreshi did an internship under the supervision of a fellow equestrian who also works in the fashion industry. Tafreshi showed such promise her colleague encouraged her to contact her if she ever wanted a job, and that’s where she is working today.

“I find being an equestrian and working in the fashion industry have a lot in common,” says Tafreshi. “They are both very competitive. They are nerve wracking, exhilarating and always a thrill.”

Raised with Scientology principles, Tafreshi uses what she has learned of her religion to stay calm and not get rattled—vital abilities in both fields.

“You can run into some amazing tempers and egos in this industry,” she says. “I don’t know how I would cope if I didn’t have the understanding of human nature and communication skills I learned in Scientology.”

Tafreshi is optimistic and certain about her future.

“What I’ve gained from Scientology is a burning desire to do well in life. I know who I am and I know what I want. I also know that no matter what, I can win in life. And that’s exactly what I intend to do.”

View the Sophie Tafreshi video at Scientology.org.

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The popular “Meet a Scientologist” profiles on the Church of Scientology International Video Channel at Scientology.org now total 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.

A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.



Scientologist Sophie Tafreshi with her horse



Scientologist and equestrian Sophie Tafreshi