

MINTZ+HOKE

Mintz + Hoke Welcomes Syracuse University Alum to Its Media Practice

AVON, Conn. (July 2, 2025) – Mintz + Hoke, New England’s Immersively Different brand-building advertising agency, is pleased to welcome recent graduate of Syracuse University, Sophie Greggains, to its Media practice.

“I’m thrilled to have Sophie join us as a Media Assistant following her internship,” said Rebecca Sheehan, Associate Media Director. “Her enthusiasm, strong work ethic, and growing media expertise have already made a meaningful impact—and I know she’ll continue to be a valuable asset to our team.”

Sophie has been with the agency as an intern for over a year. She made such a profound impact during her internship and showed such drive to learn the industry that the agency is thrilled to support her effort to do just that.

As a Media Assistant, she supports the team with several aspects of the buying, trafficking, and ad campaign performance analysis processes, primarily for Media Only B2B clients. She also works alongside the rest of the team to provide market and competitor research to support the planning and buying processes, and more.

“My time at Mintz + Hoke has been incredibly inspiring and rewarding. The culture is genuinely collaborative in every aspect. From starting as an intern to a full-time employee, I’ve always felt like a valued part of the team and that I was making a meaningful impact. I am beyond excited and thankful for this opportunity, and I am eager to continue to learn and develop professionally.”

Sophie lives in Simsbury with her family and their dog, Peaches. She’s an avid sports fan, loves to play tennis, piece puzzles together, and like many of her fellow agency teammates, loves to stay caffeinated by exploring new coffee shops with friends.

Sophie holds a Bachelor of Arts in Psychology from Syracuse University.

Connect with her on [LinkedIn](#).

About Mintz + Hoke

Mintz + Hoke is an Immersively Different full-service advertising agency established over 50 years ago. Today, the agency offers an array of services including branding, campaign analytics, creative, design, digital, event management, media, public relations, research, strategy, and social media services. Mintz + Hoke has been recognized as one of Connecticut’s Best Places to Work by the Hartford Business Journal. Connect with them at www.mintz-hoke.com and follow them on [Facebook](#), [LinkedIn](#) and [Instagram](#).

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