



# Elena Muratova

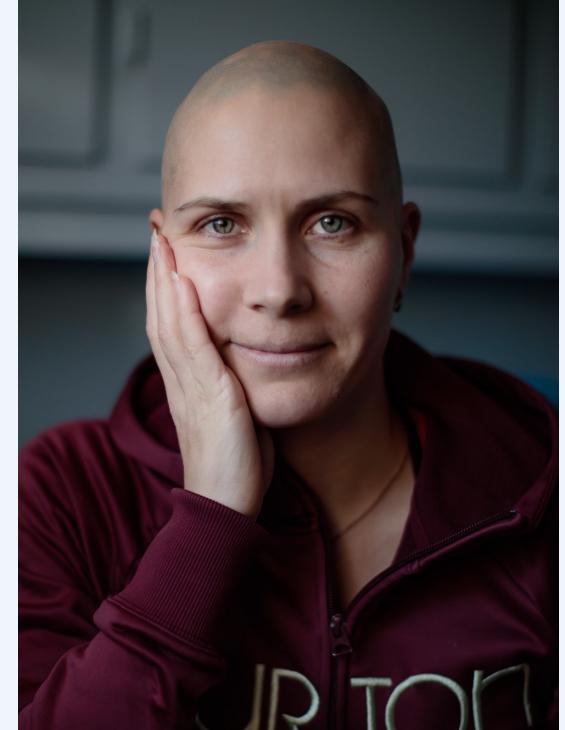
Olympian  
Public Speaker  
Bestselling Author

*"Elena, thank you for the insights in your presentations. I always get to learn from your experiences. Very powerful and creative speeches!"*

Ashish Mehra

*"Amazing and powerful speech! The personal story was very touching"*

Alexis



Elena always adjusts her speech for a specific audience. She can provide an engaging presentation on the following topics:

- ◆ **Become Resilient with an Olympian**
- ◆ **From Struggles with Alopecia to Body Acceptance**
- ◆ **Enter New Chapter in Your Life with Confidence**
- ◆ **Successfully Transform Habits with an Olympian**
- ◆ **Build the Self-Love and Self-Care You Deserve**



# Why Choose Elena as Your Next Speaker?

In her public speaking Elena combines her unique stories and life experiences with knowledge she obtained during her sport career, many life transitions, alopecia, studying, and helping others. She keeps her audience engaged and leaves people emotionally touched, inspired, and empowered.

Elena participated in the 2014 Olympic Games and won a silver medal at the World Cup Competition (freestyle, mogul). She was a member of a National Team for many years, training under Russian and Canadian coaches. On her way to the Olympic Games she had two knee surgeries but was able to fulfill her dream in becoming an Olympian.

**Touching**

**Insightful**

**Empowering**

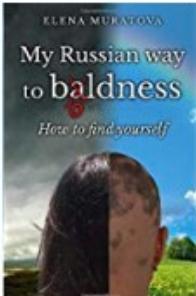
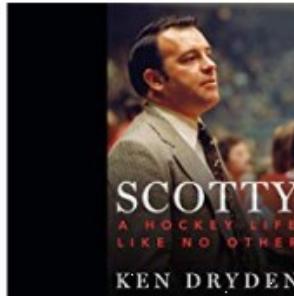
Originally from Russia, Elena moved to Canada in 2014 where she built a business from scratch, became a public speaker, and wrote her bestselling book ["My Russian Way to Boldness"](#). Elena has alopecia (a condition that forces hair to fall out). In 2016, she decided to stop her unsuccessful fighting with hair loss and shaved the small amount of hair that was still left on her head. Since then, she has been bald and at peace with her appearance.

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#1	#2	#3
 My Russian Way to Boldness: How to Find Yourself Elena Muratova Paperback	 Scotty: A Hockey Life Like No Other Ken Dryden  70	 Becoming the Black Belt: Or Roy Dean  34

# **Topics Your Audience Will Love**

## **Speech #1.**

### **Become Resilient with an Olympian**

Elena will talk about how she found her way to resilience and withstood stressful situations. She will share four methods with practical tools for becoming more resilient and for ways to improve one's lifestyle.

The audience will learn how to:

- become emotionally intelligent, and use creativity to manage stress
- improve self-care and self-regulation
- create a supportive environment

## **Speech #2.**

### **From Struggles with Alopecia to Body Acceptance**

From her own experience with hair loss, Elena will share how her body betrayed her and became her enemy. She will also explain how she was able to connect with her body, overcome all challenges, and improve her body image.

The audience will learn how to:

- recognise yourself beyond the body
- accept the body and care about it
- be assertive and resist social pressure

## **Speech #3.**

### **Enter New Chapter in Your Life with Confidence**

Some of the topics are Elena's addiction to sport, the challenges in leaving a career, loss of identity and purpose, and ways to enhance a new chapter in life.

The audience will learn (and practice) how to:

- expand and strengthen their identity
- discover what their likes and dislikes are
- bring meaning to one's life through creativity, experiences and attitude

# **Topics Your Audience Will Love**

## **Speech #4.**

### **Successfully Transform Habits with an Olympian**

Elena will share helpful tricks from her Olympic past that helped her to obtain and maintain healthy habits. She will also explain behavior modification techniques that everybody can use to improve his/her lifestyle.

The audience will learn (and practice) how to:

- set achievable and truly desirable goals
- create an environment that supports healthy habits
- build and implement a habit transformation plan

## **Speech #5**

### **Build the Self-Love and Self-Care You Deserve**

Elena will talk about how focusing so much on other people's needs in her past affected her in negative ways. She will also discuss obstacles to self-care and self-love, and what small steps everybody can take to overcome these obstacles.

The audience will learn (and practice) how to:

- protect boundaries, express needs and desires
- bring focus to oneself (let others be responsible for their own choices and life)
- incorporate nourishing activities in one's daily life

Please, let Elena know if a speech title and outline you are looking for are not included here. Elena will be happy to discuss your specific needs.

Check out Elena's bestselling book ["My Russian Way to Boldness. How to Find Yourself"](#)

## **Contact Elena Today**

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