

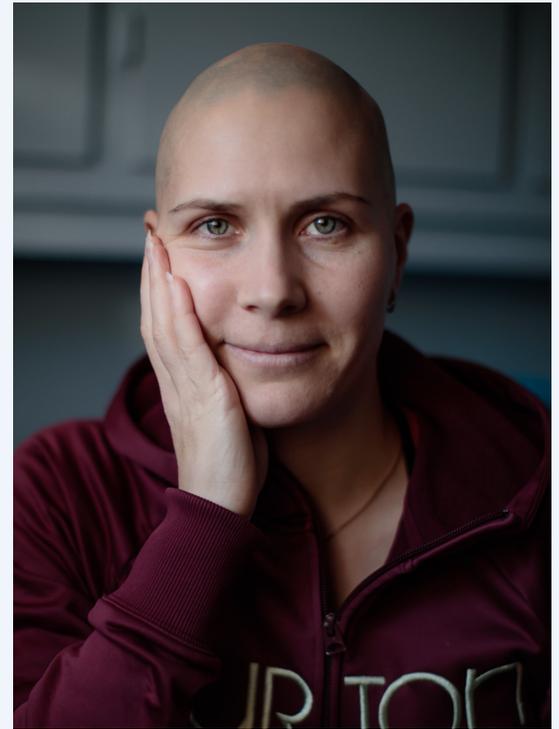


Elena Muratova

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 adjust her speech for a specific audience. She can provide an engaging presentation on following topics:

- ◆ **How to Become Resilient**
- ◆ **Through Struggles with Alopecia to Body Acceptance**
- ◆ **How to Find Yourself (Life Transitions and Meaning in Life)**
- ◆ **How to Become a Friend with Your Own Body**
- ◆ **What is Self-Love and Self-Care**



Why to Choose Elena as Your Next Speaker?

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

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

Touching

Insightful

Empowering

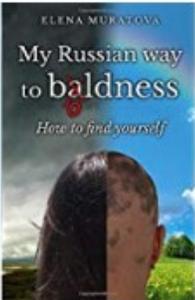
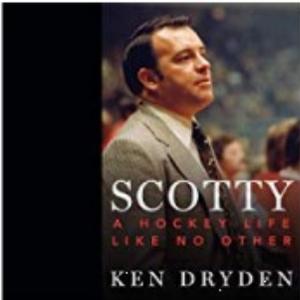
Originally from Russia, Elena moved to Canada in 2014 where she built a business from the scratch, became a public speaker, and wrote her bestselling book [“My Russian Way to Boldness”](#). Elena has an alopecia (a disease that forces hair to fall out). In 2016, she decided to stop unsuccessful fighting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

day's Deals New Releases Amazon Charts Best Sellers & More The Globe & Mail Best Sellers New York Times Best Sellers Best Books of t

Amazon Hot New Releases

Our best-selling new and future releases. Updated hourly.

Hot New Releases in Biographies

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

Topics Your Audience Will Love

Speech #1.

How to Become Resilient?

Elena will talk about how she found her way to resilience and withstood stressful situations. She will share four methods including practical tools for becoming more resilient and for lifestyle improvements.

The audience will learn how:

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

Speech #2.

Through Struggles with Alopecia to Body Acceptance

Elena will talk about her reliance on the body, experience of bullying, diagnose of alopecia, struggles with body image and appearance. She will also share how she overcame all these challenges.

The audience will learn how:

- To strengthen identity (stop focusing only on the body)
- To accept the body and care about it
- To be assertive and resist pressure

Speech #3.

How to Find Yourself (Life Transitions and Meaning in Life)

Some of the topics discussed are addiction to sport, the end of Elena's sport career, lost identity, challenges with life transitions.

The audience will learn how:

- To create or expand identity (four dimensions of identity)
- To learn what one's like and dislike
- Find a meaning (three ways to find a meaning: creativity, experiences and attitude)

Topics Your Audience Will Love

Speech #4.

How to Become a Friend with Your Own Body

Elena will talk about how her body betrayed her and became her enemy, how then she was able to connect with her body and improve her body image.

The audience will learn how:

- To recognize negative body image
- To accept the body and appearance
- To connect with the body

Speech #5

What is Self-Love and Self-Care?

Elena will talk about focus on others in her childhood and following years and how it affected her. 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 how:

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

Please, let Elena know if speech title and outline you are looking for are not 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"](#)

(click on the title).

Contact Elena Today

Phone: 250-885-6320

Email: info@elenamuratova.com

Web: www.elenamuratova.com