



Author, Speaker and Designer

Elaine Turner wants you to know that you are worthy. With unfiltered candor, sharp wisdom, humor, and warmth, Elaine is challenging women to be honest with themselves and with the world—and to thus be part of sparking real cultural change. Best known to many as a successful fashion designer and founder of Elaine Turner®, Elaine has a new mission: to help every woman realize she is worthy—and that worthiness is inborn and internal, not determined by any external successes or failures. Through a variety of outlets including her book Breaking the Glass Slipper, one-on-one coaching, workshops, compelling talks, and her new three-part online course Know Your Worth, she is pushing women across the country to connect with themselves, reject false narratives, and upend the status quo. A mother of an adolescent special-needs daughter and a college-aged son, Elaine lives with her husband Jim and their family in Houston, Texas.

Elaine Turner



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Why Elaine Turner?

- Elaine is a champion for women who's lengthy career in fashion left her yearning for more earnest and emotional conversations about body image and mental health. This influenced a passion for personal growth and the development of her self-growth program to help women reclaim and build self-worth
- Known for challenging women's societal expectations, Elaine is dedicated to helping women overcome their natural tendency to please and encourages her community of 40K+ followers to embrace their vulnerabilities, fearlessness and most authentic selves
- At the the height of her fashion career, Elaine walked away, manifesting her philosophy that you can adhere to other's ideas of success yet still feel incomplete. Elaine advocates that you can't find true wholeness unless you honor your individualism and engage in self-discovery and self-acceptance

PRESS CONTACTS

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Guiding women to believe...

You Are Worthy

Potential Topics:

Entrepreneurship and Leadership:

- Giving up on one dream to open the door to another
- Focused on female leadership and sharing lessons learned from two decades of entrepreneurship
- Prioritizing mindfulness and self-awareness as a busy professional
- Empowering and supporting women in the workplace

Worthiness:

- Self-care won't relieve suffering, but it can foster self-kindness
- Finding your wholeness by pursuing a life of meaning and connection, not societal approval
- Releasing shame and revealing your most authentic self by embracing vulnerabilities

Family:

- Special needs parenting
- Addressing mental health with children

Fashion and Design:

- Promoting and appreciating a broad spectrum of health and beauty appearances
- Expressing your personality through the language of design
- Freedom from dangerous messages and expectations shared about women in the fashion industry



Know your Worth

An e-series framework to guide women to reclaim and build their self-worth.

A square graphic with a pink watercolor background and a white border. The word "Discover" is written in a cursive font inside the square.

Discover

Course 1: "Discover"

The "Discover" e-course will help you gain better self-understanding, unravel limiting beliefs, improve relationships, and make more confident decisions. This course is the first step in reclaiming your self-worth and is designed to support and guide you in identifying your Personal Processing Profile - Thinker/Head, Feeler/Heart, Doer/Gut. By becoming aware of your primary processing center, you are better able to understand the fact that it's through this lens that determines so much of how you perceive yourself and your life circumstances and gain more clarity around why you feel, think, and behave the way you do. After taking this course, you'll walk away with custom curated tools and practices for your Personal Processing Profile to help you gain more balance and synergy across all three centers and redefine your personal story and life circumstances.

A circular graphic with a pink watercolor background and a white border. The word "Awaken" is written in a cursive font inside the circle.

Awaken

Course 2: "Awaken"

The "Awaken" e-course will help you dig deep into your past to identify the limiting beliefs and false narratives you've attached yourself to and lessen the power they have over you. This course is the second step in reclaiming your self-worth and is designed to help you awaken your truth. Here, you'll be empowered to rewrite your story, create a life based on your true self, and develop a kinder relationship with yourself. Learn how to reframe life's circumstances, redefine suffering, visualizing your best self, and develop self-compassion. This course will provide you with tools and strategies Elaine uses personally every day to create and cultivate a deep understanding of self-worth.

A triangular graphic with a pink watercolor background and a white border. The word "Manifest" is written in a cursive font inside the triangle.

Manifest

Course 3: "Manifest"

The "Manifest" e-course will help you get out of your own way and see who you could become. This course is the third and final step in reclaiming your self-worth, designed to manifest your deepest desires and life purpose. Here, you'll begin to understand your life purpose and what you can offer the world by unlocking the performance and productivity you gained in the "Discover" and "Awaken" e-courses. Develop and discover the personal habits and goals that work best for you to manifest your best self learn to spread your love and compassion toward others. Through exploratory exercises that take a hard look at your values, intentions, and motivation, this course will prepare you to offer your gifts to the world.