



Ellen Frazier

Speaker | Author | EVOLVE Method Founder

SPEAKER KIT



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WHY ELLEN...

Embarking on a transformative journey spanning over two decades in the mortgage industry, Ellen Frazier is a seasoned Mortgage Broker, impassioned Speaker, and dedicated advocate for women's evolution beyond limiting beliefs.

Beyond mortgages and numbers, Ellen is fervently dedicated to helping women evolve beyond their limiting beliefs. Drawing on her own experiences, including a triumphant year of sobriety, she guides and supports women in rewriting their narratives, fostering resilience, courage, and embracing their true potential

WHAT TO EXPECT...

Here's what you can expect from Ellen:

- Training & presentations will be professionally prepared and dynamically delivered, customized to focus on achieving the outcomes you want with your audience.
- Speeches will be customized to suit your theme.
- Hosted events will be fun and high-energy, keeping the crowd engaged.
- A personal phone consultation prior to your event, so Ellen can better understand how she can best serve you and your audience.
- Prompt, professional replies to your phone calls and email messages.

ELLEN'S STORY

Ellen's journey from a challenging childhood, marked by poverty and trauma, serves as a testament to her resilience. Raised by an incredible mother who overcame adversity to put Ellen and herself through college, she learned early on the value of education, sacrifice, and the primacy of love over possessions.

Growing up in the Appalachian Mountains, Ellen faced challenges of isolation and poverty, fostering a rebellious spirit that led to teenage struggles. Unfortunately, a traumatic incident at 15 left her with a long battle with self-worth. Subsequent challenges, including alcoholism and rehabilitation, marked her path into survival mode.

The turning point came in 2021 when Ellen began a journey of healing, breaking the cycle of fight, flight, and freeze. The pandemic-induced pause prompted her to question her toxic routine, leading to a radical shift in lifestyle. Confronting her reliance on substances, embracing sobriety, and releasing both physical weight and the weight of trauma, became the cornerstone of her transformative journey.

Ellen's story goes beyond her transformative weight loss and sobriety, touching on the deeper aspects of personal growth. The **EVOLVE Method**, crafted from her experiences, invites individuals on a journey of self-discovery, encouraging them to embrace challenges, overcome obstacles, liberate themselves from limiting beliefs, visualize their potential, and empower themselves and others.

Ellen envisions a world where high-achieving women find the courage to change, embark on radical self-discovery, and empower themselves through the **EVOLVE Method**.

As a speaker, Ellen's impactful message revolves around courage, radical self-discovery, and permission to ask deeper questions. She invites audiences to question their conditioning, overcome outdated patterns, and take small actions daily. Her journey is a testament to the transformative power of perseverance, commitment, and the courage to change. Through the **EVOLVE Method**, Ellen aims to inspire individuals to live authentically and unleash their true potential, shaping a life of significance and impact.



TESTIMONIALS



"Brilliantly weaving together insights and inspiration, Ellen captivated the audience with her keynote, leaving us energized and empowered to take on new challenges. Her unique approach and captivating delivery style made her message unforgettable, leaving a lasting impact on everyone in the room."

- Erin T.

Ellen Frazier is a powerhouse of inspiration and resilience. As a speaker, she effortlessly captivates her audience with a compelling narrative that transcends mere words, reaching deep into the hearts of every listener. Her story serves as a beacon of empowerment, instilling a renewed sense of confidence and determination among women from all walks of life. After witnessing the transformative impact of her words, I wholeheartedly recommend Ellen Frazier as a speaker who possesses the rare gift of not just delivering a message but leaving an indelible mark on the hearts and minds of those fortunate enough to experience her presence.

- Whitney M.

After hearing Ellen speak, I felt heard and seen, like she knew what I was feeling and laid out the roadmap to overcome adversity. Sharing her story allows the audience to know what is possible when we give ourselves permission to overcome the things that hold us back from being our best selves.

-Barbara

POPULAR KEYNOTES



Courageous Evolution: Unleashing Your Potential with the EVOLVE Method

Takeaways:

- Embrace the challenges as opportunities for growth and transformation.
- Overcome obstacles by acknowledging and addressing self-limiting beliefs.
- Liberate yourself from unproductive habits and negative thought patterns.
- Visualize and create a compelling vision for your empowered future.

Permission to Thrive: A Woman's Journey to Radical Self-Discovery

Takeaways:

- Grant yourself the permission to let go of limiting beliefs and embrace your authenticity.
- Understand the power of overcoming personal challenges, such as addiction and trauma.
- Visualize a life filled with self-love, wellness, and success.
- Empower yourself and others by sharing your story and building a supportive community.



The EVOLVE Method: Navigating Personal and Professional Development

Takeaways:

- Learn to ask better questions to uncover your true desires and goals.
- Understand the importance of courage in facing and changing your life.
- Explore the interconnectedness of personal and professional growth.
- Discover the transformative power of the EVOLVE method in creating lasting change.



TALKING POINTS

Personal Transformation Journey:

- Ellen's upbringing in extreme poverty and facing trauma.
- The profound impact of an incredible mother who overcame adversity to provide education.
- Living in the Appalachian Mountains, the challenges of a wood-burning stove, and a solitary childhood.
- Teenage rebellion and the impact of a traumatic incident at 15.
- Escaping survival mode and the turning point in 2021 when she started working in PsychK.

The Vicious Cycle and Pandemic Pause:

- Ellen's realization of operating on a broken routine and the pandemic-induced pause.
- The toxic cycle of relying on substances.
- The health implications of the cycle - high blood pressure, cholesterol, and weight gain.
- Taking action to break the cycle and the role of PsychK in the process.

Sobriety Journey and EVOLVE Method:

- Ellen's journey to sobriety, including the ESG bariatric procedure and the year-long commitment.
- The impact of sharing her story on social media and creating the Booze Free Babes community.
- The evolution of the **EVOLVE Method** and its components - Embrace, Voyage, Overcome, Liberate/Let Go, Visualize, and Empower.
- The significance of courage, radical self-discovery, and permission to ask deeper questions.

The EVOLVE Method and Key Principles:

- The core principles of the EVOLVE Method - Embrace, Voyage, Overcome, Liberate/Let Go, Visualize, and Empower.
- Encouraging individuals to rewrite their stories, embrace their evolution, and overcome obstacles.
- The power of asking better questions and identifying outdated patterns.
- The significance of self-forgiveness, saying no, and understanding personal worthiness.



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FEES

Ellen's speaking fees vary depending on the topic, duration, and audience size.

Please inquire for exact rate.

FEES ARE CUSTOMIZABLE AND NEGOTIABLE

ADDITIONAL CONSIDERATIONS:

When deciding to book Ellen, here are some additional things to consider in your budget.

- Event Admission tickets
- Airfare
- Ground Transportation/ rental car
- Meals & Gratuities: Per diem \$100/day
- Hotel Accommodations
- 4-star hotel or higher
- Ground transportation to hotel
- 1 room for speaker

FULL SPEAKERS RIDER PROVIDED UPON BOOKING



TO BOOK

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