

Elena Patrice – Long Media Bio

Elena Patrice

Founder, **One Parent Wonder**

Single Parent Coach & Mentor

Media & Speaking

Elena Patrice is the founder of *One Parent Wonder*, a coaching and mentorship platform dedicated to supporting single parents through emotional healing, identity rebuilding, and long-term personal stability.

After becoming a single parent unexpectedly, Elena went on to raise her daughter entirely on her own for nineteen years, without financial, emotional, or logistical support from a partner. Through that experience, she faced the identity loss, chronic stress, isolation, and emotional burnout that many single parents quietly carry. Rather than simply “survive,” Elena committed to understanding what it truly takes for a single parent to heal, stabilize, and build a grounded life for both themselves and their child.

Today, Elena works as a Single Parent Coach and Mentor, helping parents rebuild confidence, emotional resilience, and self-trust after separation, divorce, abandonment, or major life disruption. Her work focuses on the internal foundations of strong parenting — emotional regulation, boundaries, nervous system health, and long-term stability — not just surface-level strategies.

Through one-on-one coaching, group programs, digital content, and educational resources, she supports parents in moving from survival mode into clarity, strength, and sustainable personal growth.

Elena is also a podcast host and media contributor, speaking on topics including single parenting, emotional healing, resilience, identity reconstruction, and modern family dynamics. Her perspective blends lived experience with years of real-world coaching work, making her voice both relatable and deeply practical for audiences.

At the core of Elena’s work is a simple mission: **to help single parents heal what broke — so their children don’t have to carry it forward.**

Be a Great Parent. Raise a Great Child.

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Social Media:

Instagram: <https://www.instagram.com/oneparentwonder/>

Facebook: <https://www.facebook.com/RealOneParentWonder/>

LinkedIn (Personal): <https://www.linkedin.com/in/elenapatrice/>

LinkedIn (Company): <https://www.linkedin.com/company/one-parent-wonder/>