

Elena Patrice *Founder, One Parent Wonder*
Single Parent Coach & Mentor

Elena Patrice is a Single Parent Coach and Mentor who helps parents heal what broke, rebuild emotionally, and break generational patterns—so their children don't carry the past forward.

SHORT BIO:

Elena Patrice is the founder of *One Parent Wonder* and a Single Parent Coach and Mentor who helps parents heal what broke, rebuild emotionally, and break generational patterns—so their children don't carry the past forward.

A solo parent for nineteen years, Elena raised her daughter entirely on her own and understands firsthand the emotional, financial, and identity challenges of single parenting. Through coaching, content, and media, she supports parents in moving from survival mode into emotional stability, self-trust, and grounded personal growth.

Elena is available for media interviews, podcasts, and speaking engagements on single parenting, resilience, and identity.

LONG BIO:

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.**

Notable Angles for Media

- Raised a child entirely solo for 19 years
- Focus on emotional repair, not just parenting tactics
- Specializes in breaking generational patterns
- Combines lived experience with coaching work
- Speaks to modern single parent identity and burnout

Topics & Talking Points

Podcast & Interview Topics

- The emotional reality of single parenting
- Rebuilding identity after divorce or loss
- Raising resilient children as a solo parent
- Healing generational patterns
- Navigating burnout and emotional fatigue
- Personal growth after life disruption
- Dating, relationships, and self-worth after starting over
- Parenting through grief and major transitions
- Emotional regulation for overwhelmed parents
- Creating stability for children during change

Speaking Topics:

- Resilience for modern parents
- Emotional healing and identity
- Rebuilding life with clarity and strength
- Parenting through change and uncertainty
- Confidence, boundaries, and self-trust
- Breaking unhealthy family patterns
- Raising emotionally strong children
- Self-leadership for single parents
- From survival mode to stable life
- The inner work behind strong parenting

Media Inquiries:

hello@oneparentwonder.com

Headshot - Editorial



Headshot – Casual



Headshot - Speaking *OPW Logo*



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/>