



Helen
Valleau

Motivational Speaker, Coach,
Facilitator & Podcast Host

Helen Valleau doesn't talk about aging.
She redefines it.

As founder of Elegant Aging and host of the podcast The Elegant Shift, Helen has become a powerful voice in a space where most voices go quiet. With a Doctorate in Consciousness Studies, decades as a Hoffman Institute Supervising Teacher, and lived experience as a minister, author, and transformational coach, she brings equal parts depth, credibility, and brilliance to the stage.

Her story is proof of what she teaches. From standing by her mother through cancer in the 1970s — witnessing the radical impact of mindset and resilience — to leading spiritual centers, authoring two books, and trekking the Himalayas, Helen has lived a life of disruption and devotion.

And when she steps on stage, audiences don't just listen — **they wake up.**

HELEN'S IMPACT

- ✓ **A New Story of Aging** — no longer exile, but expansion, ignition, and arrival.
- ✓ **Power That Stays** — tools and rituals to ground them in their deepest truth every day.
- ✓ **Visibility Without Apology** — the grace to own their voice, their presence, their stage.

HELEN'S SIGNATURE TALKS

FROM INVISIBLE TO UNSTOPPABLE

Not a reinvention. A revelation.
With Helen, it's the moment you finally
live as the Original You.

AGING IS NOT A SLOW FADE - IT'S A BOLD ARRIVAL

Aging isn't decline. It's ignition. Helen
dismantles the tired scripts and
replaces them with truth: this is the
time to rise, not retreat.

FROM INVISIBLE TO UNSTOPPABLE

Visibility isn't vanity — it's your right.
Helen shows women how to claim it,
amplify it, and never fade out.



Please feel free to reach
out for any questions.

CLIENT FEEDBACK

"I've known Helen for over 30 years, and she continues to inspire me with her strength, wisdom, and compassion. She creates safe spaces for healing and is an extraordinary teacher and speaker."

*Dr Michael Rahman PhD,
MD, ND*

"I've admired Helen Valleau for over 20 years as an authentic speaker, spiritual leader, and elegant woman who walks her talk. Her wisdom and warmth shine through every inspiring podcast."

Catherine Allon

Get in Touch!

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