



**ELVIRA V. HOPPER**  
— Love Your Vibe —

### **Elvira V. Hopper – her story**

When you first meet Life Coach and “Miracle Mindset Mentor”, Elvira Hopper, you are immediately struck by her enthusiasm and sincerity. She truly believes that each one of us has an innate ability to elevate our thinking, live our life at a more fulfilling happier level, and with that, discover our higher purpose.

Elvira is petite, pretty and passionate. She immediately makes you and your agenda, the most important priority in the world. As she talks about how so many people today are seeking a new or better way to live, her calling to help them find and keep their inner power, and live their best life, you do not doubt for one second that she is someone who can be both an inspiration and aspiration.

She makes it look and sound so easy. And, of course, it must be, for someone who so obviously has it all – looks, charm, a career she loves, a supportive husband, a successful son - right? In one cynical moment you question, how can she possibly relate to those seeking life coaching addressing voids and problems in their lives, let alone the more troubled, stressed and despondent? The explanation is quickly revealed. Elvira is open and honest about her own struggles with “dark places.” As she shares her story of childhood separation and later loss of her beloved Father, bullying in the workplace and in her social circle, and a genetic propensity for depression, clinical anxiety and panic disorder, you realize she has truly walked the talk.

### **The catalyst**

Elvira had built a highly successful career as an award winning pharmaceutical representative – six figure salary, expense account, company car – the complete package. But, it was something seemingly as simple as competition with a colleague and friend for a promotion that set off a series of events that caused Elvira’s long suppressed depression to emerge.

During the application process for the management position, Elvira quickly found herself ambushed by a campaign of damage reputation and humiliation at the hands of her competitive colleague and friend. Attitudes towards her in the workplace changed and became negative, and in combination with susceptibility towards mental illness, that she

had learned to mask for most of her life, the inner demons of self doubt took over. Elvira sank into those “dark places.”

Simultaneously, mistreatment by friends in her social circle compounded feelings of worthlessness and solidified Elvira’s decline. Today, with her knowledge as a life coach, Elvira explains that the concurrent bullying was no coincidence. As she explains it, “I was living at such a low “vibe”, I was attracting negative treatment and reinforcing it with my own feelings and vulnerabilities.”

“I might just have well walked around with a sign that sign saying “kick me” on my back she adds. “I was in victim mode, projecting the type of deflated energy that was an invitation to get treated as a figurative punching bag.”

### **The clarity**

As so often happens, it was a singular moment of clarity that forced Elvira to make the changes necessary to lift herself out of depression, and set her on the path towards life coaching and so much more.

When she was unable to handle one routine client interaction alongside her boss, Elvira had what she refers to as her IBTT moment – an “I’m better than this” revelation. She requested a leave of absence from her job to immerse herself in the life coaching techniques she uses with her clients today. It’s the “Love your Vibe” philosophy that brings the authentic power within each of us into focus. Being open to the spiritual aspects of the universe that resonate on a personal level, and choosing to live with more positivity and purpose are all part of the plan. Elvira defines it as embracing a “Miracle Mindset” connecting you to your true self, which in turn attracts affirmative attitudes and real life opportunities. “My choice was a breakdown or a breakthrough,” she says. “I didn’t want to take the traditional route of drugs and therapy that would have simply masked and numbed my negative thinking. I wanted to make genuine change that would enable me to handle future challenges and live my life as the highest version of myself.”

Extreme self care and a focus on creative talents and outlets are also part of the approach. For Elvira, concentrating on her life-long love of singing became a priority. She took lessons in vocal training, and became a professional musician in her early 50s. She now performs both with her own duo, Heart and Soul, with the Mississauga, Ontario Swing Band, and several other musical collaborations. She also re-embraced another creative outlet – jewelry design.

But, Elvira knew she had another role to fulfill. “There was a calling to serve and live with a higher purpose, and that was for me to study and qualify as a life coach, using the very philosophy I had used to emerge from those dark places and making it my own,” she explains. Ironically, seeing a former pharmaceutical industry colleague transition in life coaching a few years earlier, Elvira had felt that this could be the career for her, but it took the experience of the bad times to truly reveal and recognize her purpose.

### **The coach**

Elvira studied at a leading global coaching institution - Coach U, became a member of the International Coaching Federation, officially qualified as a Life Coach and launched her business in 2011. For a period of nine months, she simultaneously cared for her ailing Father and served her clients. “That challenging time was further proof that ‘high

vibe' living works. I did not dip back into "victim mode" and depression as I juggled work and family, and witnessed my beloved dad decline and pass away," she adds.

Today, Elvira combines Life Coaching along with speaking engagements, workshops, retreats, volunteer youth mentoring via a recently launched campaign called Love Your Vibe.

While her clientele is diverse, Elvira says there is a commonality among them and that is a desire to live more authentic and empowered lives. These days, she finds both male and female professionals reaching certain career or lifestyle milestones are more frequently looking for redirection to find their true selves and break free of the virtual restraints both they and society place on them. She also provides coaching for artists and creative minds aspiring to reach their full potential via a program appropriately called Inspiring HeARTS.

And, of course, Elvira continues to sing and create jewelry, emphasizing that these artistic outlets are fundamental to keeping her own vibration high. "If I'm not authentic, how can I help others to find their way back to themselves?" she states.

"Tough as it is, there is always a reason for the bad times," she explains further. "Hitting rock bottom is the universe's way of allowing the necessary positive changes to manifest in your life. It's a hard concept to grasp at first, but the low point is a gift in disguise."

Elvira is constantly amazed and grateful for the opportunities that naturally present in her life these days. "All my dreams have come true or are about to come true," she says. "It takes daily work towards living a life full of love, joy and purpose, but it is so worth it. I want to assure everyone, if I can do it, you can too."

Yes, Elvira Hopper has walked the walk so that she can talk the talk with truth, and a genuine desire to help others unleash their mindset from restricted living to the wonderful authentic life of their dreams.

###

Writer: Katie Noble



**ELVIRA V. HOPPER**  
— Love Your Vibe —

**ELVIRA V. HOPPER, LIFE COACH AND MIRACLE MINDSET MENTOR  
MY MISSION STATEMENT**

“I believe that EVERYONE needs a COACH. Most of us are facing questions and doubts such as these: Are you living the life you had dreamt you would live? Are you truly living your unique truth? Is your mindset working FOR you or AGAINST you?”

So many people are seeking happiness and enlightenment today, but don't know how to find it or where to look. The answer is that our own happiness lies right inside each one of us. My unique offering as someone who has experienced life's dark side, is that I make it gentle, simple and easy to tap into the positive energy the universe provides each of us to live with joy and purpose.

I have a special interest in serving heart-centred souls not living the authentic and empowered lives they long for. So often, these beautiful people escape the darkness with egocentricity, toxic jobs, careers or relationships. They might have been victims at various points in their lives, and may have compensated by becoming manipulators, people pleasers, control freaks or bullies to try and take back their power, get their needs met. They may also battle demons like depression, anxiety, panic attacks and low self esteem, or have addictions like drinking, drug use, shopping or gambling. They may even be dependent on antidepressants or anti anxiety drugs, but in reality would like to be free of these.

They are tired of dramas and misunderstandings. They are tired of chasing the wrong things, and might feel phony and like they are in the wrong life - like they are on a hamster wheel going nowhere.

These beautiful and sensitive souls truly wish to connect with THEIR TRUE SELVES...and not who everyone has been labeling them over the years, and long to find a more effective and empowered way of 'showing up' in their world, FIND PEACE and ACTIVATE their unique gifts AND TALENTS...to make the world a better place. And let me tell you...when they do...their whole life turns around. It's quite miraculous really.

They stop being a 'crap magnet' – projecting and attracting negativity, and instead become a 'miracle magnet' –projecting and attracting positive energy and all the good things that manifest along with it.

I am blessed to humbly serve them, as I AM one of them. I have experienced each and every disempowered 'way-of-being'. Knowing there had to be a better way, I developed the **Love Your Vibe** way of living and I am now living the life of my dreams...and supporting my beautiful 'heart and soul centred' tribe along the way.

Studies have shown that we CAN change our brains and our thinking, no matter how old we are. You CAN create new 'thought habits' which in turn develop new 'behavioural habits'. I am now blessed to be a Life Coach and Miracle Mindset Mentor living every dream I've ever had and creating more along the way! I did it...YOU CAN TOO!"

-30-

For more information contact Elvira Hopper: 416-908-8745 or [www.elvirahopper.com](http://www.elvirahopper.com)



**ELVIRA V. HOPPER**  
— Love Your Vibe —

## **ELVIRA V. HOPPER, LIFE COACH AND MIRACLE MINDSET LEADER – TESTIMONIALS**

### **Life Transformation**

*I met Elvira by chance at the lowest point in my life when I did not know how I was going to find a way out of depression and anxiety. Hearing her life story, which in so many ways paralleled my own experience, was not only a relief ( I was not alone!) but a revelation that there is an empowered yet simple way to show up in the world that projects and attracts positive energy, and unleashes our true selves. Elvira saved me from a life of self doubt and fear and continues to inspire me to become my authentic self and all I can be.— K.N.*

### **Life Shift**

*It has been my sincere pleasure to be coached by Elvira Hopper. Elvira is such a warm and generous spirit. Through her gentle guidance and coaching I have been reminded of many wonderful truths about my life and myself. I very much look forward to my coaching sessions with Elvira as I make an energetic shift every time. Elvira has helped me to believe that everything I want in my life is already inside of me. She has helped me to remove the clouds so that I can only see sunshine. I look forward to continuing to be coached by Elvira as I love being in her light and her energy. I am filled up after every session with Elvira and look forward to our sessions. – S.S.*

### **Youth Mentoring**

*Elvira's presentation on Loving Your Vibe to a group of Tweens in the Girls Empowered program was amazing. The girls were totally engaged with her story that she shared with them about being bullied as an adult and how that impacted her life and how she chose to deal with it. It was amazing to see the girls get excited about identifying emotions and seeing where it would go on the scale that Elvira shared with them. Thank you Elvira for an amazing evening of inspiration! – P.ZS.*

### **Quick Shift Consult**

*Elvira....Your inspirational message & tangible advice through your Quick Shift Consult (QSC) really brought me out of my funk the other day. It brought me back to a higher vibration where I belong; where we ALL BELONG! You know how to resonate with people and get your words of wisdom across. Elvira you have your Masters through the University of Life and you openly share your experiences to help others move and shift to a higher level of consciousness. This is a gift and I truly appreciate you sharing your motivation, inspiration and wonderful tips to sow seeds in our own garden of life. Thank you for all that you do! - M.F.*

***Divorcee and New Business Owner***

*Dear Elvira, I just wanted to let you know how invaluable your advice and guidance has been to both the start-up of my new business, as well as me personally. I have undergone a number of difficult situations in my life, including divorce and losing a good job. Needless to say after both of these situations, I found myself at a very low point mentally. I have been working to overcome these feelings and decided to start my own conference planning business. It was shortly after this that I first heard you speak at a "Rise2Radiate" event in Mississauga, in November 2012. You spoke of your own difficulties and how you overcame your issues by creating a positive vibe and through daily gratitude exercises. I now do my daily gratitude focusing and think of you whenever I feel overcome emotionally by life. This allows me to immediately concentrate on the positive and I am able to deal with whatever situation I am facing. I can't tell you how much you have helped me on this new journey and I enjoy your energy and your positivity every time I hear you speak. Thank you so much for the wonderful skills you have taught me! In positivity! - S.P.*

-30-

For more information contact: Elvira Hopper: 416-908-8745 or [www.elvirahopper.com](http://www.elvirahopper.com)



**ELVIRA V. HOPPER**  
— Love Your Vibe —

### **ELVIRA V. HOPPER – WHAT IS LIFE COACHING and HOW DOES IT DIFFER FROM THERAPY?**

Many people today are seeking a more empowered and fulfilling way to live. They often feel restrained by their relationships, careers, society in general and their own thinking. They know that they can live with more joy and achieve or contribute more, but don't know how. And, that is where a Life Coach comes in.

Just like a sports coach, Life Coaches work with their prodigies to assess strengths, identify areas that need to be worked on, provide a “training program” and ongoing encouragement and support, as their clients work towards and achieve their goals.

Clients objectives can be as broad as learning to turn around a negative mindset and create a new life path, to as specific as a particular career aspiration or managing a difficult relationship.

Life Coaching and therapy both have an important role to play in mental wellbeing and there is certainly overlap in what each discipline can contribute. Therapists typically qualify as doctors of psychology and deal with medical conditions of the mind, and also offer counseling. While Life Coaches focus more on the future (although past experiences and issues and how they have contributed to current situations are addressed) and teach new and helpful ways of navigating through life.

There can also be differences in how therapists and life coaches work with their clients. Life coaching can have a set timeline with specific outcomes targeted, and is often over the phone; therapy is more open-ended, and often in office in more of a doctor/patient setting.

Both therapists and life coaches can recommend each other for specific client needs. Their work can be complimentary and / or work in sequence.

As professionals, we all have the same over-riding goal for our clients to feel and attain their best selves and live with more joy, peace and accomplishment.



**ELVIRA V. HOPPER, LIFE COACH AND MIRACLE MINDSET MENTOR**  
**- AT A GLANCE -**

- Elvira V. Hopper is a life coach and mentor who has helped hundreds of clients and individuals create and live the life of their dreams via her one-on-one coaching, workshops, retreats, media appearances and speaking engagements.
- Elvira is the creator and founder of the **Love Your Vibe** technique, a concept that motivates individuals to harness their most positive mindset and live with more abundance, love, joy and purpose.
- Elvira's life coaching programs include:
  - One on one coaching ranging from short term assistance with specific life challenges (career, relationships, life stage) to ongoing support for those recovering from a lifetime of living inauthentically or dealing with anxiety and depression.
  - Guidance for female, heart-centred professionals seeking redirection and identification of their true selves, suppressed talents and desires.
  - Inspiring HeARTS coaching for artists and creative minds aspiring to reach their full potential.
  - Inspiring HeARTS workshops combining art projects and insightful speakers in a group setting.
  - Love Your Vibe Retreats bringing life experts together in unique Canadian and global locations.
  - Love Your Vibe Youth Movement – a not-for-profit campaign to empower youth.
- Elvira is a sought-after inspirational speaker for and media guest expert, for both TV and radio.
- Elvira studied at Coach U and launched her own Life Coaching practice in 2011, following a career in pharmaceutical sales. She is a member of the International Coaching Federation.
- Elvira is a professional musician and actor. She performs with her own duo, Heart and Soul, the Mississauga, Ontario Swing Band, and several other musical collaborations, and has acted in several stage plays and TV commercials. She also designs and creates her own jewelry line.



**ELVIRA V. HOPPER**  
— Love Your Vibe —

## **ELVIRA V. HOPPER, LIFE COACH AND MIRACLE MINDSET MENTOR – ABOUT ME**

So many people are seeking happiness and enlightenment today, but don't know how to find it or where to look. The answer is that our own happiness lies inside each one of us. I truly believe that each one of us can create our true 'masterpiece mindset', and with it, a life of abundance, love, joy and purpose.

As your coach and guide, and with my unique Love Your Vibe approach, I help you identify and connect to your vibration of authentic power (VAP) – an energy source that's within each of us. Harnessing the VAP enables us to feel, give and receive our best on all levels, across all areas of our lives – from personal relationships, to career, creative interests, and whatever is important to our unique heart and soul.

I know my coaching techniques work, because they are based on my personal experiences and self transformation. Not only did the process open my mind to happiness and triumph, it highlighted my special purpose, to help others achieve their personal victories.

Transferring from a highly-successful career in pharmaceutical sales, I studied at Coach U and achieved my PCC (Professional Certified Coach) designation in 2011, became a member of the International Coaching Federation, and launched my own Life Coaching practice. I am sensitive to the needs of each individual and the optimization of your mind, body and spirit to help you stay at the top of your game and live the life of your dreams.

My areas of expertise include:

- One on one coaching ranging in scope from those needing assistance with a specific life challenge (career, relationships, life stage) to souls who need ongoing support to recover from a lifetime of living inauthentically.

- Guidance for female, heart centred professionals seeking redirection and identification of their true selves, suppressed talents and desires.
- Inspiring HeARTS coaching programs assisting artists and creative minds to reach their full potential.
- Inspiring HeARTS workshops combining art projects and insightful speakers to inspire participants to discover hidden talents, share and learn about life's challenges and gifts in a group setting
- Love your Vibe Retreats - bringing a variety of life experts together in unique locations to immerse participants in new ways of looking at the world and transform into their true, authentic selves.
- Love Your Vibe Youth Movement – a not-for-profit campaign to empower youth to value their unique talents and views as buffer to peer and societal pressure and bullying.

In addition to my calling as a life coach, I am a professional musician and actor, performing with my own duo, Heart and Soul, the Mississauga, Ontario Swing Band, and several other musical collaborations. I have acted in several stage plays and TV commercials. I also design and create my own jewelry line.

My husband and I live in the GTA and we are the proud parents of our son, who works and studies in Waterloo and Vancouver.

-30-

For more information contact: Elvira Hopper at 416-908-8745 or visit [elvirahopper.com](http://elvirahopper.com)