

Ellie Shoja Bios

Short bio

Ellie is an award-winning writer, mindset expert, and motivational speaker. She's the founder of Peace Unleashed and host of the Unleash Your Peace Podcast. The daughter of an International con man, Ellie moved over thirty times, lived on three continents, and spent a year-and-a-half in refugee camps in Germany before immigrating to the United States at the age of fifteen. She overcame isolation, poverty, severe nervous tics, and suicidal ideation to build her dream life, surrounded by abundance, joy, and creativity. She believes that adversity leads to creativity, resilience, and innovation, and speaks on the topics of resilience, creativity, innovation, and personal growth.

Long bio

By the time Ellie Shoja was 12 years old, she had moved over 30 times, lived on three continents, spent a year-and-a-half in refugee camps in Germany, and ran away from her international con man father. She also suffered from severe nervous tics and entertained suicidal thoughts.

In her early twenties, the pain and isolation she experienced became unbearable, and she realized that if she wasn't going to take her own life, she had to learn to live. What began as a search for healing became a decade and a half exploration of psychology, philosophy, spirituality, and self-discovery.

Ellie's discoveries ignited her passion for understanding what it takes to thrive through adversity, what true resiliency looks like, why creativity heals, and the mental discipline required for growth. She founded Peace Unleashed™, a personal transformation and publishing company, to provide product, courses, and services that help individuals and groups level up holistically.

Ellie has won awards for her writing, ghostwritten bestselling books in a variety of genres, and appeared in numerous interviews and publications. She speaks domestically and internationally for audiences that include professional conferences, corporate events, schools, and non-profits. Her clients include Digital Hollywood, Canon USA, Cognizant, the Power of Positivity, Edward Life Sciences, Blizzard Entertainment, University of Southern California, University of California Irvine, Chapman University, Project Management Institute, Serendipity Labs, PathosLabs, and many more.

Ellie is also a certified ballroom dance instructor, a muralist, TEDx speaker, songwriter, and film and television producer. She has even appeared in an episode of the Impractical Jokers.

