

erinkling

"The Energy Expert"

RESEARCHER | AUTHOR | SPEAKER

 +1 (410) 627-5934

 ashley@erinking.com

 www.erinking.com



erin king They call her

"The Energy Expert"



After a serious health scare, three-time entrepreneur Erin King put her entire life on pause and spent a full year conducting the world's largest study on personal human energy management alongside a team of award-winning PhD researchers.

Fast forward to today, and King is widely regarded as one of the world's leading personal energy management experts. SUCCESS Magazine named her one of their "Top 10 Must-See Motivational Speakers of 2024" alongside Mel Robbins and Jay Shetty.



Harvard Business Review

SUCCESS

Psychology Today

FOX



ESPN



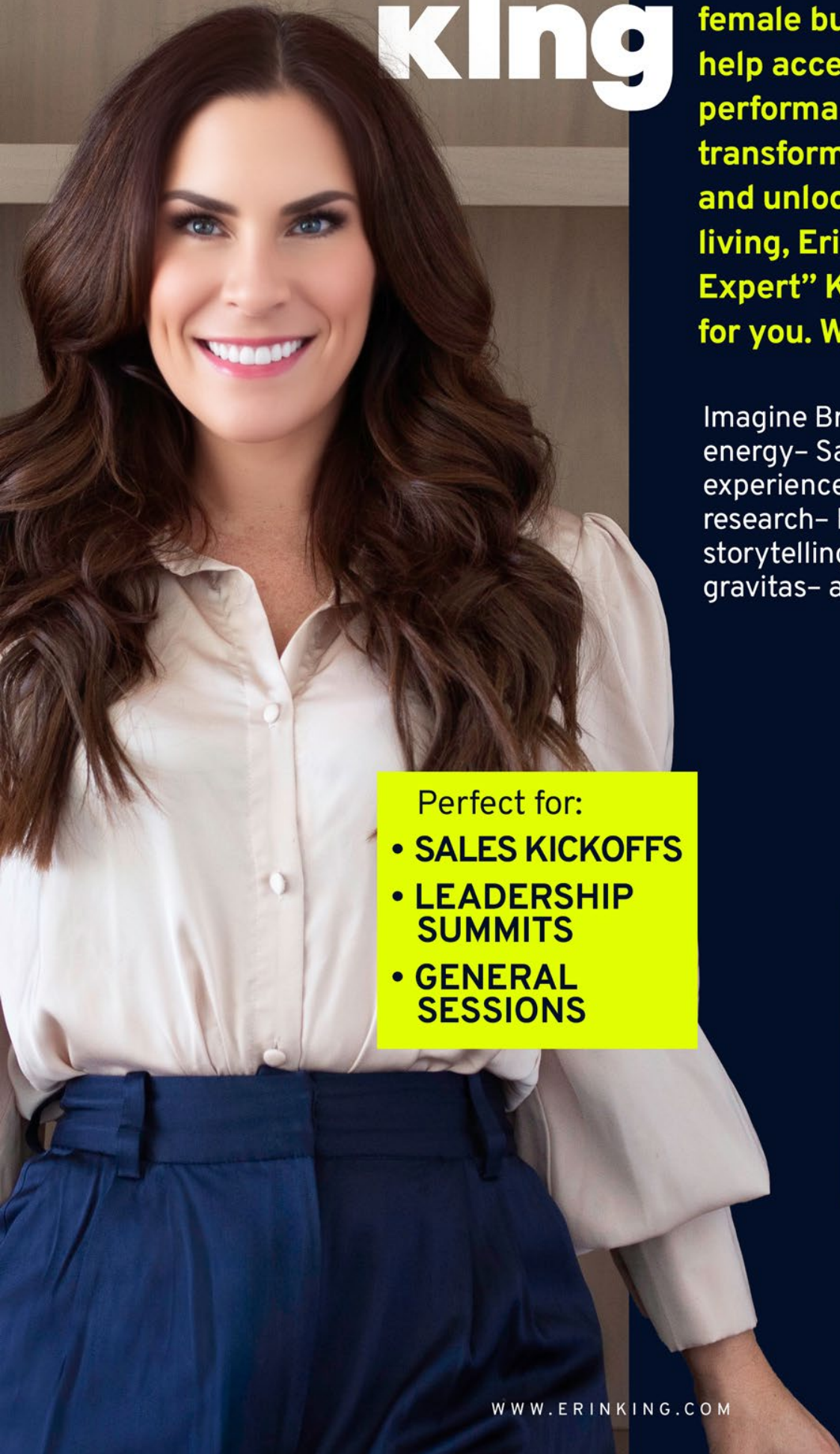
Forbes



BBC

Entrepreneur

Meet **erijn king**



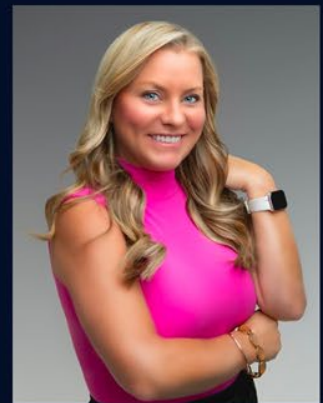
If you (or your client) are looking for a **POWERHOUSE** female business speaker to help accelerate peak performance, ignite transformational leadership, and unlock more intentional living, Erin “The Energy Expert” King is the speaker for you. Why?

Imagine Brendon Burchard’s energy– Sarah Blakely’s business experience– Amy Cuddy’s research– Ed Mylett’s emotional storytelling – Mel Robbins’ gravitas– and Tina Fey’s humor.

Perfect for:

- **SALES KICKOFFS**
- **LEADERSHIP SUMMITS**
- **GENERAL SESSIONS**

(And no, Erin did not write that. I did, based on comments from our clients!)



Hello, I’m Ashley “Sarge” Jackson, Erin’s Director of Partnerships and Events! But more on me later...)

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is the triple-threat of female keynote speakers in the peak performance, sales, and leadership categories. Why?

#1

SHE POSSESSES PROPRIETARY, SCIENTIFIC RESEARCH.

Her PhD-backed scientific assessment “The Energy Exam” is the first of its kind to help organizations discover their individual, leadership, and organizational “energy instinct.” Clients unlock their “scientific shortcuts to their personal power sources.” Each audience member will learn about the specific sources and spaces that will optimize their personal battery for stronger positive emotional contagion, influence, and stronger individual and team PERFORMANCE.

#2

SHE HOLDS THE GRAVITAS OF A SERIOUS BUSINESS PEDIGREE (BOARD MEMBER, INVESTOR, ENTREPRENEUR).

She is a successful 3x entrepreneur whose work with The United States Navy, The Oscars, Disney, Google, VISA, Adobe, and countless others landed her a feature in Forbes after her firm was acquired by an INC. 500 “Fastest Growing Company in America.” SUCCESS Magazine named her one of their “Top 10 Must-See Motivational Speakers” alongside Mel Robbins and Jay Shetty.

#3

SHE WIELDS ARENA-TESTED, “EDU-TAINMENT” PLATFORM SKILLS.

Her clients say she is an “incredible storyteller”, and “funny as a stand-up comedian”, but also ignites highly emotional moments with her “refreshing authenticity” and “customized delivery” style.

The Energy Instinct:

Tap Into Your Natural Power for **Peak Performance**

Audiences: General Sessions, Sales Kickoffs

In today's fast-paced, high-pressure world, leaders, and teams are constantly chasing more—more output, more results, more success.

But what if the secret to unlocking peak performance wasn't about doing more, but aligning with what already comes naturally? In this transformative keynote, Erin King—renowned speaker and researcher behind *The Energy Exam*—reveals how to harness your unique “energy instinct” to elevate your influence, productivity, and impact without burnout.

Grounded in cutting-edge research and real-world application, *The Energy Instinct* introduces audiences to a personalized approach to energy management. Erin's insights, developed from her PhD-led study of over 10,000 participants, uncover the five distinct “energy instincts”—Kinetic, Generative, Rigorous, Responsive, and Synergistic—and how understanding yours can unlock effortless energy flow, resilience, and peak performance.

Through engaging storytelling and actionable strategies, Erin inspires audiences to stop chasing perfection and start aligning with their presence. This isn't about adding more effort—it's about making energy effortless.

This keynote empowers leaders, teams, and organizations to move beyond surviving to thriving by tapping into their natural energy instincts and raising their performance to the next level.



KEY TAKEAWAYS:

- **DISCOVER YOUR ENERGY INSTINCT:**
Learn which of the five unique energy instincts fuels you naturally and how to tap into yours early and often to raise your energy sustainably.
- **EVOLVE FROM EFFORT TO ALIGNMENT:**
Discover why energy management is the new time management and how aligning with your instincts creates effortless flow and focus.
- **PEAK ENERGY, PEAK PERFORMANCE:**
Develop a tailored strategy to show up fully charged for high-stakes moments, driving stronger, more favorable outcomes in your work and life.
- **POWERFUL ENERGY HABITS:**
Walk away with simple, science-backed habits to pre-charge your energy before critical tasks and avoid the burnout cycle.

The Energy Instinct: *Tap Into Your Natural Power for Transformative Leadership*

Audiences: Leadership Summits,
Retreats, and VIP Session

Leadership in today's complex and ever-changing world demands more than strategy and execution—it requires connection, influence, and the ability to ignite the best in others. But what if the secret to transformative leadership lies not in doing more, but in aligning with the natural energy dynamics that drive you and your team?

In this groundbreaking keynote, Erin King, acclaimed researcher and creator of *The Energy Exam*, introduces leaders to a revolutionary approach to energy management that goes beyond self-care—it's about harnessing their radically unique "energy instinct". Backed by insights from a study of over 10,000 professionals, Erin reveals the five distinct energy types—Kinetic, Generative, Rigorous, Responsive, and Synergistic—and how leaders can use this framework to inspire action, create buy-in, and empower thriving teams.

This isn't just about personal energy; it's about energetic compatibility. By understanding what charges and drains you and your team, you can create a leadership culture that is productive, deeply harmonious, and resilient. Whether leading through high-stakes challenges, driving innovation, or managing a multi-generational workforce, The Energy Instinct offers a fresh, actionable roadmap to elevate your leadership impact.

KEY TAKEAWAYS:

- **UNLOCK ENERGETIC COMPATIBILITY:**
Gain insights into the five energy types to better understand your team's natural rhythms and leverage these dynamics for greater harmony, collaboration, and morale.
- **LEAD WITH ALIGNMENT, NOT EFFORT:**
Learn how aligning with your natural "energy instinct" creates a ripple effect of authenticity, focus, and inspiration that energizes your team.
- **BUILD HIGH-IMPACT TEAMS:**
Identify what energizes and depletes each team member so you can engineer a culture of positivity, productivity, and peak performance.
- **DRIVE TRANSFORMATIVE RESULTS:**
Discover how aligning your leadership energy with your team's needs drives deeper engagement, buy-in, and profitability.
- **ACTIONABLE ENERGY STRATEGIES:**
Leave with science-backed tools to pre-charge your leadership energy, manage energetic drainers, and show up fully for the moments that matter most.

This keynote equips leaders with a transformational toolkit for unlocking your own energy while empowering your teams to thrive. By understanding and activating your "energy instinct," you'll inspire greater impact, foster meaningful connections, and lead with the power and presence that drives lasting success.



The Energy Instinct:

Tap Into Your Natural Power for Intentional Living

Audiences: General Sessions, Entrepreneurial Conventions, Women's Conferences

In the hustle of life, it's easy to get stuck in a cycle of doing MORE- but feeling less. What if there was a way to live with greater purpose, joy, and vitality while still performing at your best? What if the key wasn't about managing your time or tasks—but managing your energy?

Erin King, the world's leading researcher on personal energy management and creator of The Energy Exam, invites you to take a transformative journey into living life intentionally. Drawing from groundbreaking research and her own personal breakthroughs, Erin reveals how to align with your natural "energy instinct"—Kinetic, Generative, Rigorous, Responsive, or Synergistic—to create a life of both high performance AND high enjoyment. This isn't just about surviving the everyday—it's about thriving in the extraordinary.

Through inspiring stories, science-backed strategies, and actionable insights, this keynote empowers you to lead your life with purpose, clarity, and connection. By treating your energy as your most precious asset—just like your time or money—you'll learn how to live with more vitality, creativity, and harmony, ensuring every moment reflects the life you truly want.



KEY TAKEAWAYS:

- **DESIGN A LIFE ON PURPOSE:** Discover how aligning with your unique "energy instinct" helps you live intentionally, with more clarity, joy, and fulfillment.
- **BALANCE HIGH-PERFORMANCE WITH HIGH-ENJOYMENT:** Learn how to achieve your goals without sacrificing the harmony, vitality, and connections that make life truly meaningful.
- **UNLOCK ENERGY AS YOUR GREATEST ASSET:** Gain practical strategies to manage your energy as intentionally as you manage your time or finances, so you can spend it on what truly matters.
- **ACTIVATE YOUR ULTIMATE VITALITY:** Unlock science-backed insights to recharge emotionally, mentally, and physically, and show up as your most present, powerful self

Past Clients Say:

Google

“She takes you up and down emotionally, and at the end, you know you must make a change. Our global sales force loved her.”

ROSE JONES
Business Resilience Analyst

teneo[®]
HOSPITALITY GROUP

“Erin King brings that rare combination of energy, humor, and smarts - in a sea of noise, she’s one of the few who can actually hold my attention from start to finish.”

GARY MURAKAMI
VP Global Sales & Industry Relations

Adobe

“Erin’s keynote was unforgettable. She connected deeply with our team and delivered powerful, actionable strategies that left a lasting impact.”

PRIYANKA SREEKANTH
Senior Marketing Manager

HILTON
WORLDWIDE

“Erin is one of the rare few that leave you feeling both entertained and enlightened. One of my favorite speakers to see live.”

KATIE MURPHY
Director of Worldwide Sales

Past Clients Say:

Great Clips

“Erin is a total dynamo. Powerhouse on stage, legit expertise, proprietary research- she is the real deal.”

LORA PETERSON
Director of Learning & Development

Johnson & Johnson

“Erin’s methodology is so actionable, her stories are deeply inspiring, and her delivery is highly entertaining.”

CARRIE HUETE
Senior Manager, US Business Development



“Erin is a powerhouse. Her keynote feels like the total experience: You laugh, you cry, and most importantly, you make a change.”

KEVIN TRAVER
United States Navy



“Our organization is very traditional, but Erin’s talk truly transformed how seriously we are now taking “energy management” as part of our enterprise-wide continuing education programs.”

DAVID WILSON
SVP of Marketing Communications

Past Clients Say:



“Erin lit our national sales meeting on fire. She had our legacy crew of seasoned veterans laughing, thinking, and actually feeling motivated to make a change. She was amazing.”

GEORGE PLA
Executive Director



“Erin’s system is like the ‘Love Languages’- but instead of discovering how we receive love, we learned how we personally source and share our ENERGY!”

BRENDA HUNSBURGER
Senior Vicepresident



“Erin hit an absolute home run- We needed to hear what she had to say so badly - Our entire organization is still on fire from her keynote!”

EILEEN MORANG
Director of Events



“Erin’s energy and expertise is a combo that is truly unmatched, and I’ve seen a lot of speakers.”

BUCK MCMURRAY
President

Past Clients Say:

corcoran

“The standing ovation, the immediate application... We laughed, we cried, we learned. We can’t wait to invite her back.”

IDA FIELDS
SVP Business Development

 **younique**

“I’ve hired Erin for multiple conventions over the years, and she kills it every. single. time.”

KRISTIN MONTGOMERY
VP of Global Events

 **MPI**

“Standing ovation from a room of meeting professionals who’ve seen every speaker out there is no small feat. Loved every minute of Erin’s presentation - which she even customized for us.”

JESSIE STATES
Vice President, MPI Academy



“Erin brought the perfect blend of energy, insight, and inspiration to our event. Her strategies were immediately actionable, and her delivery left everyone buzzing with motivation. She’s a game-changer.”

PAMELA BROWN-MATTHIS
Director of Education

Ready to discover your

“Energy Instincts?”

Download your full Big Energy DNA report for a deep dive into King’s educational pillars, peak performance process, and the key headlines from her published scientific findings.



Take the



START ASSESSMENT

Watch Erin's

Speaker Reel



Watch Erin's

Intro Video



MEET
Erin



Speaking Fees



LIVE KEYNOTE

Perfect for convention general sessions, executive leadership retreats, and national/global sales meetings.

All customization requests will be honored.

*\$3,000 flat travel fee for U.S. domestic events plus hotel. International travel fees priced separately.

\$22,000 USD

VIRTUAL MASTERCLASS SERIES

Three 90-minute interactive Zoom trainings—the perfect follow-up experience.

Perfect follow-up experience to Erin's keynote to ensure activation from ideas to implementation.

*Includes 100-page supplemental workbook and additional training materials.



\$30,000 USD



HALF-DAY ONSITE WORKSHOP

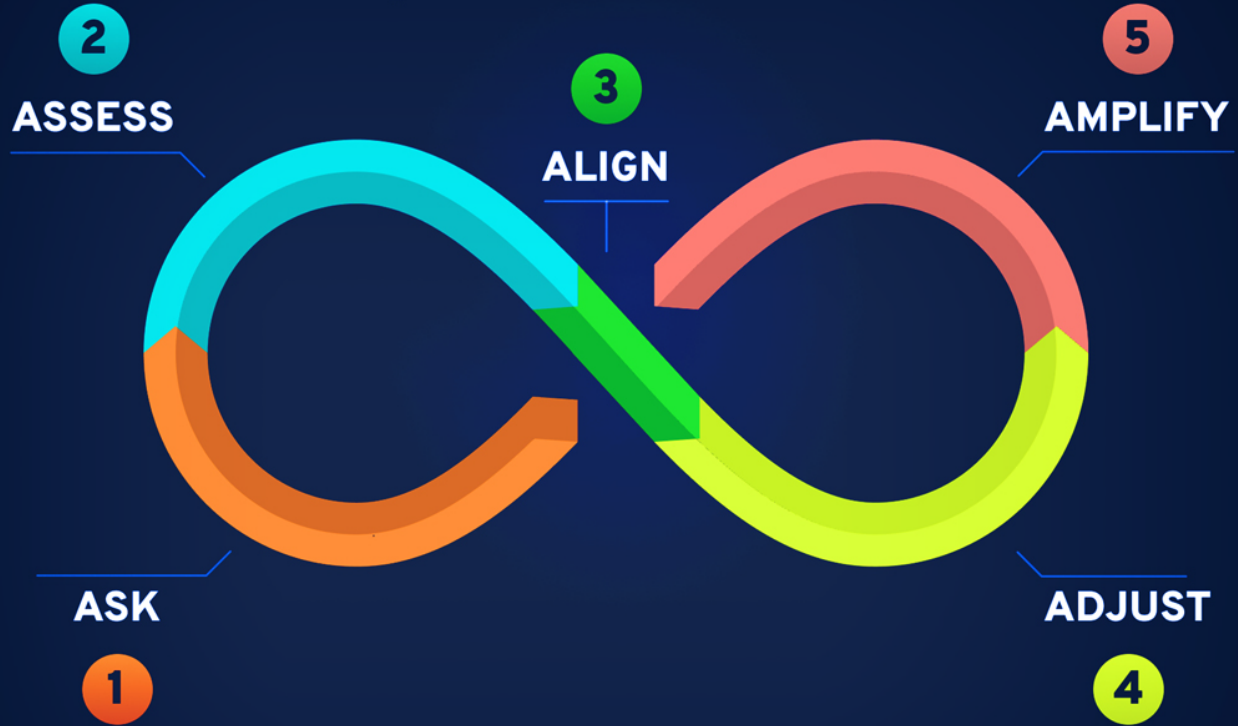
3.5-hour immersive experience live onsite with Erin. Your teams will receive laser coaching, share insights, and workshop personal energy optimization strategies for immediate implementation and impact.

*\$3,000 flat travel fee for U.S. domestic events plus hotel. International travel fees priced separately.

\$50,000 USD

BIG ENERGY®

Blueprint



Optimize your personal energy management in 5 simple steps.

1. ASK

Where is your personal battery on a scale from 1-7 (7 being the highest)?

Estimate your average over the last 90 days.

2. ASSESS

Which Big Energy type are you?

Take the Energy Exam® to find out your primary and secondary energies.

3. ALIGN

What are your Drainers and Chargers?

Audit the people, places, projects, and pivots where you're investing your energy.

4. ADJUST

What have you observed from optimizing your energy?

Evaluate where you might be able to further iterate, pivot, and optimize exponentially.

5. AMPLIFY

How energetically compatible are your teams?

Apply insights about other people's energy to engineer more creativity, collaboration, or harmony.

Next Steps



My name is Ashley "Sarge" Jackson, and I'm Erin's Director of Partnerships and Events (and 20-year best friend!)
Sergeant

Why "Sarge?" Well, it's short for "Sergeant," because I don't mess around when it comes to staying on schedule, honoring commitments, and modeling my motto: "On time is late."

I will over-deliver ahead of schedule for you every single time.

- **My job is to "Make YOU look like the rockstar, make YOUR job easier and make YOU love yours."**
- **You and I both know Erin's standing ovations are really for you and your client.**

If you're interested in learning more about what you can expect before, during, and after our partnership, you can learn more about our partner process [HERE](#). Looking forward to working with you!

Ashley "Sarge" Jackson

PS—Check out our [Meeting Pro Portal](#)—it's your dedicated space for all things Erin.