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ERIN KING

Erin King is a bestselling author, researcher, and the world's leading expert on personal energy management. She is the creator of The Energy Exam, the first scientific assessment designed to identify an individual's unique energy instinct and help them unlock sustainable performance in both their professional and personal lives.

Following a life-altering health scare, King led the largest study ever conducted on personal energy, working alongside a team of PhD researchers to better understand the habits and traits that drive clarity, focus, and resilience. Her methodology has since been adopted by organizations including Google, Disney, the Academy Awards, VISA, Adobe, Hilton, and the United States Navy.

A three-time entrepreneur, King built and sold her digital agency after launching two startups before the age of 30. She is the author of *You're Kind of a Big Deal: Level Up by Unlocking Your Audacity*, which encourages readers to step into their boldest, most capable selves. Her insights on energy, mindset, and performance have reached audiences in over a dozen countries, earning her recognition as one of *SUCCESS* Magazine's Top 10 Must-See Motivational Speakers alongside Mel Robbins and Jay Shetty.

King has delivered keynote speeches around the world, from Bali to Amsterdam, and her podcast *On Your Terms* ranks in the top one percent globally. Her work has been featured in *Forbes*, *Harvard Business Review*, and *Psychology Today*, and her PhD-led energy research is currently under academic review for publication.

Off-duty you'll find her playing all the outside sports with her husband Hartman, or hanging out with her huge, lively Irish family. And finally: if kissing your dog (Miss Betty White) directly on the mouth is wrong- Erin does not want to be right.