



Keynote DESCRIPTION

Keynote Title: "Unlock Your Big Energy"

After a serious health scare, 3x 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 PhD researchers. After interviewing thousands of professionals about both their internal AND interactional energy habits, one conclusion was clear: **When it comes to peak performance in today's increasingly automated world, your personal human "energy" is your ultimate edge.**

In this session, King shares the findings from her revolutionary research, including the success secrets of "Big Energy Beings"- those participants who consistently reported BOTH high energy levels AND high "life satisfaction scores." Your attendees will learn how their unique energy type (there are 5!) impacts their professional performance, how to deal with their "Drainers" more effectively, and how changing just ONE "micro-habit" around their personal energetic accountability can radically and rapidly transform their results.

This keynote is ideal for audiences struggling with burnout, fatigue, or overwhelm at any level of the organization.

Ideal Audience

- General Sessions: Inspire large audiences to unlock their ultimate performance potential by immediately applying their unique personal energy insights.
- Leadership Retreats: Empower leaders to galvanize greater energetic buy-in at scale, better navigate compatibility challenges, and use energetic empathy to ignite unstoppable momentum.
- National Sales Meetings: Motivate sales leaders to rediscover and sustain their highest, most magnetically persuasive energy levels long-term.

Key Points

Erin's expertise targets five crucial growth domains:



1. Individual Performance
2. Leadership Performance
3. Organizational Performance
4. Sales Performance
5. Igniting Morale and Sustaining Momentum

Key Takeaways

- **Your Vibe is Your Value:** Understand the science behind how your personal “energy” influences your success and drastically impacts your professional performance.
- **Your Energy is Your Edge:** Learn the surprising, competitive advantage secrets of the world’s most high-energy, high-performing, AND high-enjoying humans. (PS- and it’s NOT just sleep, diet, or other wellness basics!)
- **Take the Energy Exam®:** Discover your unique personal power source and how to leverage it for both higher vitality levels AND higher performance outputs.
- **Personalize Your “Chargers”:** Identify what fuels you, what drains you, and how to ignite more positive energetic contagion.
- **High-Impact Habits:** Determine your #1 most effective, everyday “micro-effort” to keep your battery charged using King’s “*Big Energy Blueprint*” method.

Energy management IS the new time management.

Unlocking your Big Energy is not just about “powering through” to increase your output. It's about “powering up” and optimizing your existing inner resources so you can consistently perform at your absolute best. Whether you are an individual contributor, a leader, or a key part of a larger organization, King's proprietary, scientifically supported, peak-performance discoveries will help you gain a competitive advantage by mastering the art of energy management.

Ready to unlock your Big Energy?

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. [Discover YOUR Big Energy type here: https://erinking.com/gift/.](https://erinking.com/gift/)