



## *Print* **BIO**

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.

As the creator of *The Energy Exam®*, the world’s first scientific assessment for personal human energy, King has been hired by Google, Disney, The Academy Awards, VISA, Adobe, and even the United States Navy to unlock what she calls their “Big Energy®”.

King has delivered standing ovation keynotes from Bali to Amsterdam and everywhere in between. Her peak performance insights have been featured in Forbes among other global publications and her podcast consistently ranks in the top 1% of all downloads on iTunes.

While the big arenas are fun, Erin actually prefers smaller middle school stages, where her “Big Energy® Live” team members share the importance of “believing in your big” with the next generation of achievers.

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 cavapoo (Miss Betty White) directly on the mouth is wrong- Erin does not want to be right.