

LOCAL CHARACTER

ERIN COUPE

After nearly two decades in corporate roles and leadership at Reuters, Goldman Sachs and CBRE—along with experiences that sparked a passion for personal transformation—Northfield resident Erin Coupe launched her professional speaking, training and coaching business, Authentically EC (@authenticallyec). Five years later, that journey is culminating in her debut book, *I Can Fit That In: How Routines Rituals Transform Your Life* (November 5, erincoupe.com), where she challenges outdated notions of productivity and explores how rituals can transform the way we work, lead and live. Here, the St. Louis native shares the personal passions that keep her feeling authentically herself, 24/7. **by KAILA STANG**



Coupe empowers professionals worldwide to redefine success through inner alignment.

Wake-Up Time:

6am on average

Favorite North Shore hang:

Deerpath Inn pub

Last great book I read:

Sophie's World (fiction),
The War of Art (nonfiction)

Dream dinner guest:

Dolores Cannon

My happy place is:

The Caribbean...
St. Martin, Harbor
Island and the like

Mantra:

I can fit that in.

My aesthetic:

Purposely untrendy,
sleek with a slight edge

Current obsession:

Hot pilates

3 things in my purse:

15 lip glosses, sunglasses,
Pur cinnamon gum

Favorite way to unplug:

Puzzles, gardening,
reading, salt baths

Morning ritual:

Brewing my coffee elixir
and meditation

Guilty pleasure:

Dark-chocolate-covered
anything

Favorite hotel:

1 Hotel

Most productive time of day:

8am-12pm

Go-to brunch spot:

Pomeroy in Winnetka

Best advice:

Your well-being
is a reflection of
your mindset.

Last show I binged:

Younger on Netflix

Favorite author:

Wally Lamb (fiction),
Michael Singer
(nonfiction)

Best weekend getaway:

Newport, R.I.

Fave North Shore neighborhood:

Winnetka (the beaches!)

Biggest inspiration:

Oprah

My legacy:

Authenticity

Doppelganger:

Jennifer Aniston, so I've
been told.

Last meal:

Fresh-caught fish,
rice and veggies

Most inspiring mentor:

More like my rock—my
husband.

Favorite movie:

Love Actually

On my playlist now:

Morgan Wallen,
2000s hip hop, Rufus

Place I want to travel next:

The South of France

Theme song to my life:

"Empire State of Mind"
by Alicia Keys