

||
Trusted voice
for modern
leadership

||
Insights that
actually stick

||
You changed the
way I think

||
Grounded,
compelling, and
deeply human

Erin Coupe



KEYNOTE SPEAKER | LEADERSHIP STRATEGIST & ADVISOR | AUTHOR, *I CAN FIT THAT IN*



Driving Sustainable Performance, Clarity, and Impact in Today's Most Demanding Environments

Erin Coupe is a sought-after speaker, executive advisor, and CEO of Authentically EC, partnering with organizations to strengthen leadership effectiveness, engagement, and long-term performance. Her work sits at the intersection of energy, mindset, presence, and modern leadership—helping professionals operate with clarity, capacity, and intention.

Drawing on 17+ years inside publicly traded corporations, Erin combines real-world leadership experience with neuroscience and emotional regulation to deliver practical tools people can immediately apply in how they think, communicate, and show up—strengthening culture and performance under pressure.

- 17+ Years in Global Corporations
Goldman Sachs, Reuters, CBRE
- Best-Selling Author, *I Can Fit That In*
J.P. Morgan NextList 2026 Selection
- Keynote Speaker for **Fortune 1000, Pro Sports Leagues, Global Associations, Am Law Top 100**
- Executive Advisor, Leadership Strategist, and Facilitator for Top Business Leaders
- Podcast Host of **I Can Fit That In**



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Keynote Speaker & Leadership Advisor

Erin Coupe partners with leaders and organizations across Fortune 1000 companies, Am Law Top 100 firms, and professional sports organizations. Through engaging keynotes and immersive experiences, she delivers actionable, human-centered insight that drives meaningful behavioral and cultural change.



Erin's keynote was just what our top 200 leaders needed. Her story, stress-relief techniques, & reminder that we are human first truly resonated. I still use her breathing techniques daily. It's freeing & helps me slow down to think before I respond."

DANIELA HAUTZINGER
Chief People Officer, CMA CGM, North America

ERIN'S SPEAKING SNAPSHOT



[▶ Watch Erin's Sizzle Reel](#)

Signature Talks



Lead from Within: Harnessing Self-Awareness & Intention for High-Impact Leadership.

Erin shows how self-awareness and deliberate focus fuel decisions, influence, and outcomes—where performance meets purpose.



Commanding Presence: Authenticity Advances Influence and Deepens Trust.

Participants learn how showing up fully—confident, present, and aligned—strengthens trust, amplifies influence, and inspires teams.



I Can Fit That In: Energy, Capacity, and Sustainable Performance for High Achievers.

Leaders are equipped to protect energy, align time with values, and prioritize what matters, delivering results without burnout while modeling sustainable leadership for their teams.

Additional Engagement Themes

Thoughtfully customized to each audience's pain points and event objectives.

- + Sustainable Performance in High-Pressure Environments
- + Self-Leadership and Decision-Making Under Pressure
- + Preventing Burnout and Protecting Culture
- + Trust, Influence, and Executive Presence
- + Leading Through Change with Clarity and Capacity
- + Designing Leadership Rhythms and Practices That Scale
- + How Self-Awareness, Emotions, and Energy Shape Relationships



Erin's keynote was nothing short of extraordinary. Her engaging presence and storytelling captured the hearts and minds of everyone in the audience. Not only did she provide valuable tools for our daily lives, but she did so with a genuine authenticity that resonated deeply with each listener."

Medline

Engagement Formats

Strengthen culture, elevate performance, and drive lasting impact. Erin is available for **keynotes, company events, fireside chats, workshops, and leadership or team retreats** tailored to professional audiences.



Thank you for sharing your light with team Major League Soccer. Humanity exists to discover its humanity, which is what you authentically guided us to do. You gave space for human beings to be human."

EVP & Chief Engagement Officer | Major League Soccer



Why Book *Erin?*

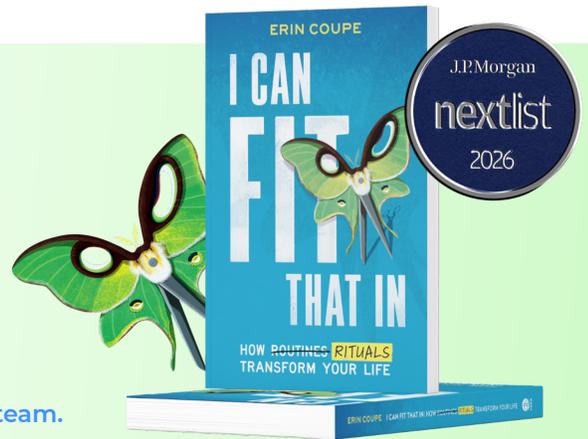
- ✓ Designs each keynote and workshop around real challenges, not generic themes.
- ✓ Backed by neuroscience, real-world leadership experience, and proven client outcomes
- ✓ Deeply engaged before, during, and after each engagement to ensure meaningful impact
- ✓ Immediate relevance and long-term impact

To partner with Erin, get in touch with our team at hello@erincoupe.com



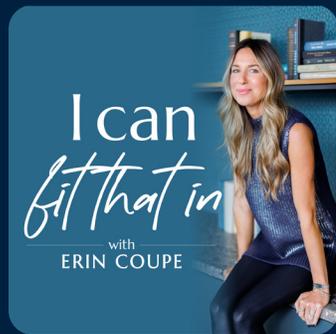
Reclaim Clarity, Energy, and Impact

I Can Fit That In, selected for the J.P. Morgan NextList 2026, offers a modern framework for leaders navigating demanding work and full lives. By reframing how time, energy, and habits are managed, it supports clearer decisions, sustained performance, and more intentional leadership.



Get the Book

Discounted bulk bundles are available through our team.



Listen Now

Where Ambition Meets Alignment

Join Erin Coupe for bold reflections and candid conversations that help you lead, live, and grow with intention.

Now streaming on:

