

"The next
Mel Robbins"

"Energizing
& Passionate"

"You changed
the way I think"

"Authentic
& Relatable"

Erin

Coupe



KEYNOTE SPEAKER | EXECUTIVE PARTNER | AUTHOR OF *I CAN FIT THAT IN*



Driving growth, engagement, and sustainable success by transforming how high-performing professionals think, lead, and operate.

Erin Coupe is CEO and founder of Authentically EC—a speaking, coaching, and professional training company. She's also the creator and author of *I Can Fit That In*—a movement and framework that helps high-achieving professionals shift from overdrive to clarity and fulfillment. Having spent over 17 years in publicly traded corporations, Erin deeply understands the pressure of high-performance cultures. She blends this firsthand experience with studies in neuroscience, conscious leadership, and personal development to deliver practical, transformative tools for sustainable success.

Her talks and programs equip leaders with the self-leadership skills and intentional rituals needed to thrive—rather than just survive—in fast-paced, demanding environments. Known for her magnetic presence, authenticity, and grounded insight, Erin helps individuals and organizations live and lead where ambition meets alignment.

- 17 years in Global Corporations
Goldman Sachs, Reuters, CBRE
- Founder of Authentically EC Inc. and *I Can Fit That In*™
- Author of *I Can Fit That In: How Routines-Rituals Transform Your Life*
- Keynote Speaker for Fortune 1000 corporations, professional sports leagues, global associations and conferences
- Coach, Personal Guide, and Retreat Facilitator for Top Business Leaders
- *I Can Fit That In* podcast Host

MEDIA FEATURES



BUSINESS
INSIDER

“

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 slow down to think before I respond.”

DANIELA HAUTZINGER
Chief People Officer | CMA CGM, North America



▶ Watch Erin's Sizzle Reel

Keynote Speaker & Thought Leader



As a seasoned speaker and transformational coach, Erin Coupe has empowered leaders and teams at organizations like **Major League Soccer, Microsoft, Spotify, and AbbVie**. Known for her ability to connect deeply and deliver practical, human-centered insight, she helps professionals shift how they lead, live, and integrate work with purpose.

Erin’s track record speaks for itself—with 500+ stages across in-person, virtual, and hybrid events and hundreds of client testimonials praising her relatable, energizing, and actionable approach. She’s passionate about equipping audiences with tools and frameworks that create real, lasting change.

Erin's Speaking Snapshot



Signature Talks



Lead from Within: Harnessing Self-Awareness & Intention for Aligned Impact In this transformative keynote, Erin helps leaders tap into the power of intention and inner clarity to create aligned, high-impact leadership from within—where performance meets purpose.



Commanding Presence: How Authenticity Deepens Influence and Builds Trust This keynote invites your audience to shed the masks and lead with aligned authenticity. Erin reveals how embracing your true self isn’t just liberating—it’s strategic, impactful, and contagious.



I Can Fit That In: The New Rules of Energy, Capacity, and Sustainable Performance This keynote redefines productivity. Erin guides your audience to protect their energy, align time with values and perform without burnout. It’s about fitting in what matters most.

Custom Engagement Themes

- + Mindset Shifts that Fuel You
- + Work-Life Integration Strategies
- + Presence is a Differentiator
- + Shifting Your Relationship with Time
- + Energy Stewardship is Key to Success
- + The Power of Intention
- + Effective Communication & Relationship Building
- + Building Resilience
- + Emotional & Nervous System Regulation
- + Self-Awareness, Authenticity & Self-Leadership
- + Create Inner Alignment for Outer Impact
- + Preventing & Overcoming Burnout



Erin's keynote address for International Women's Day 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."

[Women's ERG Committee | Medline](#)

Engagement Formats

Erin is available for **keynotes**, **company events**, **fireside chats**, **workshops** and **leadership** or **team retreats** tailored to meet the unique needs of professional audiences.



Why Book *Erin?*

- Trusted by Fortune 500 leaders, major associations, Am Law Top 100 firms, & pro sports business leaders
- Dynamic, insightful, actionable and deeply resonant delivery
- Custom keynotes tailored to your audience's real challenges
- Backed by neuroscience, lived experience, and client transformation



Thank you for sharing your light with team Major League Soccer. Your energy is timely and welcome. Humanity exists to discover its humanity, which is what you authentically guided us to do. Gave space for human beings to be human. On behalf of our entire team, thank you for your courage and your grace."

EVP & Chief DEI Officer | Major League Soccer

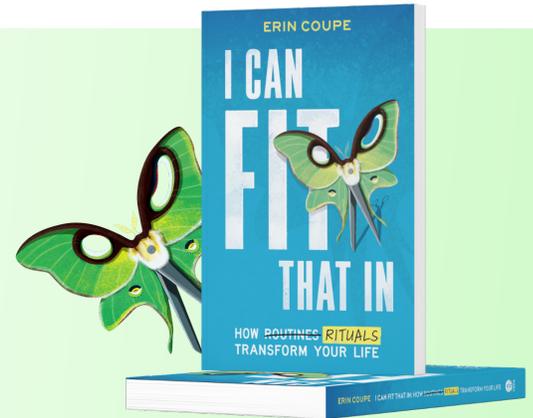
Interested in booking a custom speaking engagement tailored to your audience's real challenges?

HELLO@ERINCOUPE.COM



Reclaim Your Life, Energy, and Purpose

I Can Fit That In invites high-achievers to reclaim authorship of their mindset, energy, and life, offering a refreshing shift: your relationship with time and habits isn't just about productivity—it's the key to clarity, fulfillment, and lasting impact. With honesty and depth, Erin helps readers stop postponing peace and start creating a life that truly feels their own.



Get the Book

Bulk bundles available.



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:



Being intentional in how you care for your whole self doesn't just make your life better, it shows your audience, and clarity with all whom you interact. You magnetize yourself.

- Believe it or not! Visualization is a powerful tool to create alignment.
- Self-care enhances all aspects of well-being.
- Small habits that delight you and keep you engaged. Be honest with yourself, where the only one holding you back.

Showing up for you