

ERIN KING

BIOGRAPHY



Erin King is a three-time entrepreneur, bestselling author, researcher, and keynote speaker known as "The Energy Expert" for Peak Performance. Her work helps leaders and teams understand how to access, protect, and direct their strongest energy so they can perform at a higher level without sacrificing their health and happiness.

Erin's fascination with human performance grew out of over two decades of entrepreneurship. At 25, she launched her first media company from her kitchen table, working for clients like Whole Foods and Black and Decker. She later raised seven figures of venture capital to create a pioneering subscription-based women's healthcare delivery service before founding Socialite Agency, which grew into the world's largest social media agency specializing in live events. Her team worked with global brands, associations, and conferences (Named PCMA Convene's "Best Social Media Agency" 2014), and cultural events including the Academy Awards, where her team partnered with ABC/Disney Television to win an Emmy Award for best live event production.

After selling Socialite Agency in 2021, Erin found herself confronting a question that would ultimately redirect her career: Why are so many ambitious people able to become high-performing or high-enjoying – but struggle to consistently be both?

To find out, Erin spent 18 months working alongside PhD researchers on a study involving more than 10,000 people across the United States, examining the patterns, decisions, behaviors, and habits associated with both high energy and high life satisfaction.

Those findings became the foundation of The Energy Exam® and her bestselling book, *The Energy Edge: Next-Level Leadership in the Age of AI*. Her research and ideas have been featured in *Harvard Business Review* and *Psychology Today*, and her entrepreneurial journey in *Forbes*.

Today, organizations including Google, Adobe, VISA, Hilton, the United States Navy, MassMutual, MERCK, Hitachi, Keller Williams, Corcoran Group and hundreds of others trust Erin to help their people create a human performance advantage in an increasingly AI-powered world.

SUCCESS Magazine named Erin a Top 10 Must-See Motivational Speaker, and Global Gurus named her one of the World's Top 30 Motivational Speakers. She is also a Certified Speaking Professional®, an earned designation recognizing excellence in the professional speaking industry.

At the heart of every Erin King keynote is one powerful belief: Your energy is your edge.

To book Erin, please contact Tracy Cotton:

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