



## Testimonials

"Your presentation was just what we needed to hear. I have heard nothing but good things about you and your content."

**Jason Proctor, CEO, Christus Health**

"Sensational! Erin's magnetic personality coupled with her candid storytelling and practical tips genuinely moved the needle in helping our team become more balanced leaders dedicated to reaching their peak potential."

**Nick Rimedio, General Manager, W Hotels**

"Erin's insights were nothing short of remarkable, offering practical strategies and actionable steps that our participants could immediately apply in their own professional lives. What truly sets Erin apart is not only her profound expertise but also her down-to-earth demeanor and unwavering passion for her work in combating burnout in today's demanding world. Her ability to connect with our audience on a personal level was evident, leaving a lasting impact on all those in attendance. Her ability to engage our audience, coupled with her expertise and professional approach, undoubtedly made her keynote one of the highlights of our event."

**Steven Smith, Executive Director, Utah SHRM**

"The lessons our team took from Erin's keynote were invaluable. She gave us tangible ways to recognize burnout in ourselves and in our teams, as well as actionable steps and tools to get out of the burnout cycle and help prevent it from beginning in the future. Erin was great to work with from start to finish, and her passion for her message was clear. This presentation is applicable for everyone – from executive leaders to entry-level team members – and is so engaging that your team will be left feeling energized and ready to make positive changes that have an impact on their work and personal lives."

**Rachel Anderson, Senior Director of Operations, Northwestern Mutual**

"Energy, Passion, and Impactful. All three words encompass what Erin brought to her session, and more! We could not have been more pleased with how the entire process flowed. From the beginning to end, everything we needed was executed and the end product exceeded any expectations. Thank you for your invaluable experiences and insight!"

**Chris Walther, Project Manager, Siemens**

"Erin's energy is infectious. No matter what stage she's on, she draws in the audience with her unique and inspiring perspective. She uses humor, practical tools and her diverse background to resonate with leaders."

**Ursula Williams, Chief Operating Officer, SIA**

"I was completely blown away by Erin and her presentation. We've received so much positive feedback. I admit I am normally multi-tasking during conference calls, but I listened intently the entire time. Her speech brought me clarity on many of the symptoms of burnout I've had. Everyone

left refreshed, ready to reset, and were positively influenced by her presentation."

**Kristin Nelson, Newrez**

"Erin's energy and message were just what we needed at our annual conference! I've had so many positive comments about her presentation, her story and all the practical take-aways she included. She made everything so easy to implement."

**Andrea Ethridge, Member Services & Events Manager, Vizient**

"Erin was wonderful to work with from prep through execution. The presentation itself exceeded my expectations. With virtual events it always feels like no one is engaged because we're all on mute, but all of the feedback I've gotten has been great. I was really impressed with how she weaved in the details I'd shared - based on her excellent line of questioning - so it felt really custom."

**Matt Dvorak, SVP Marketing & Communications, Primera**

"Erin's dynamic tone, contagious smile, and relatable self-reflection created a remarkable start to our conference. The tools she shared provided participants takeaways to remain high achievers among an ever-changing world with growing distractions and stressors. Erin's mindset shifts to overcoming burnout are unmatched."

**Erika Leonard, CEO, Starling**

"Your session at our Women's Leadership Conference was amazing and engaging, and the perfect way to begin the conference. All of the feedback has been so positive and we are truly appreciative for all that you did."

**Jill Begun, Professional Development Manager, Promotional Products Association International**

"Simply inspirational! Erin's message needs to be heard by all leaders. Burnout happens to everyone, and we need to understand the signs and tools to sustain peak performance."

**Jeff Stewart, Product Manager, National Interstate Insurance Company**

"Your insights, energy and engagement were the perfect way to kick off our program! The strategies around beating burnout you shared are really relatable and tangible to put into action; a great fit for helping our community embrace their goals while keeping burnout at bay. Thank you for empowering us to put your tools and practices into action."

**Amanda Bischoing, Education Manager, Auto Care Association**

"Erin is one of the most genuine, relatable, and impactful speakers I've heard in a long time. To some degree it's not even like she's a 'speaker' but a close confidant I'm having a conversation with. The first time I heard Erin, I knew I wanted to bring her to SC to speak to our leaders here. Now that she's done it once, I already want to consider how I can get her back."

**Lara Hewitt, VP Member Engagement & Workforce, South Carolina Hospital Association**

"Erin's presentation was excellent. I'm leaving today with renewed energy, ideas and enthusiasm. Erin's five mindset shifts are going to have a HUGE impact on our organization moving forward."

**Kelly Fitzjarrell, President, Metabolic Maintenance**

"Incredible! Thank you so very much for sharing your story and being so vulnerable. I held back tears because so much of it resonated with me and I knew the impact you were making on the room. A true inspiration!"

**Kara Barngrover, Vice President, Credentialing & Compliance, Aya Healthcare**

"Your presentation was so moving! I wanted to come give you a hug afterwards. You are such a talented speaker. Thank you so much for sharing your story and for a great conference!"

**Director of Strategy & Client Partnerships, Cynet**

"Her transparency is so relatable. Definitely have some takeaways to bring back to my team."

**HR Leader, Golden Valley Memorial Healthcare**

An full list of testimonials can be found at <https://erinstafford.com/testimonials>