

ERIN FISK



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LISTENER | STRATEGIST | EDUCATOR

"Erin Fisk is a brilliant, vibrant, empathetic professional who will work alongside you to customize a training, a program, or a culture shift. Her decades of experience in mental health coupled with her leadership experience set Erin up as the ideal partner for companies and nonprofits ready to prioritize the whole health of their staff and constituencies. Erin designs and delivers information in a fun, refreshing, and caring way, leaving you eager for more time with her."

MENTAL HEALTH

Despite 1 in 5 Americans being diagnosed with a mental illness (and many more suffering in silence), millions of us struggle to identify symptoms and access treatment. Erin brings levity and humor to this often taboo topic. Using examples from her life, career and community, Erin strives to normalize the journey toward mental wellness.

DIVERSITY & INCLUSION

Treating others with compassion and embracing differences seems straightforward. Yet the generations of influence, politics, bias, and experiences influence our perceptions of this critical concept. Erin brings warmth and candidness while inspiring groups to grow from her own life lessons and perspective as a member of the LGBTQ+ community.

STRESS MANAGEMENT

Stress is the cause of more than 90% of doctor's appointments, yet we find ourselves in the same patterns of exhaustion, burnout, overpromising, poor boundaries, people-pleasing and worse. Erin motivates groups to take control of what's causing stress while offering practical and inspiring support for life's elements outside our control.



Erin has lived and worked outside the box of what's expected—driven to find simple yet dependable consistency. Erin brings over 18 years of experience in clinical and corporate leadership. Her core values--curiosity and authenticity--are at the forefront of her approach. By amplifying the voices of hardworking staff in each company, Erin brings candid insight into the root cause of teams' biggest challenges. Erin serves as the Founder & CEO of Fisk Solutions, is a licensed therapist in multiple practices, a diehard college sports fan, mompreneur, lover of music and world traveler.

As a seasoned speaker, Erin's known for her warmth, energy and passion. She doesn't shy away from addressing the critical topics that impact employees most, delivered in a way where the crowd leaves feeling inspired and hopeful. With a sharp wit and disarming vulnerability, Erin has been a top choice for business leaders in various industries from across the globe.