

ERIKA "COACH" PERRY



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YOU DESIRE TO SEE

BOOKING AT

COACHPERRYSPEAKS.COM



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About Coach Perry

Erika "Coach" Perry is a dynamic speaker, certified mental performance coach, and former collegiate athlete known for helping sports leaders and nonprofit professionals lead with resilience, clarity, and emotional intelligence.

As the founder of Youth Talk United Mentoring Organization, Coach Perry has dedicated over a decade to mentoring youth and young adults. Her approach blends lived experience, spiritual strength, and academic knowledge — holding degrees in Psychology and Sociology — to reach audiences in a way that's both authentic and actionable.

A former coach and athlete, she's walked the walk. She understands the mental, emotional, and spiritual demands placed on leaders, especially in sports and service spaces. Through her keynotes and workshops, she equips audiences with the tools to set boundaries, build emotional intelligence, and navigate burnout.

Coach Perry's transparency, servant heart, and unapologetic truth-telling make her message resonate deeply — not just in gymnasiums or boardrooms, but in the hearts of those who hear her speak.



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FOR YOUR NEXT EVENT!**



LET'S CHANGE THE WAY LEADERS LEAD.

Coach Perry brings empathy, strategy, and realness to every stage she steps on.



COACH PERRY'S VISION

To empower leaders in sports, education, and service-based sectors to prioritize their mental well-being, embrace emotional intelligence, and build sustainable, burnout-resistant leadership cultures.

COACH PERRY'S MISSION

To deliver practical, science-backed strategies through speaking, coaching, and content that help doers become impactful, emotionally intelligent leaders – without sacrificing their health or values.

COACHING & SPEAKING

Coach Perry combines real-life experience with a grounded, relatable voice. She simplifies complex topics around emotional wellness and performance to provide actionable strategies that speak to coaches, educators, and nonprofit professionals alike.

SPEAKER TOPICS

DOERS Don't Burn Out

Burnout prevention strategies tailored for sports leaders and nonprofit changemakers.

Boundaries for Leaders

Build the habits and systems that protect your energy and keep you focused.

Emotional Intelligence in Action

Practical tools to lead with empathy, clarity, and confidence.

The Coach Within

Helping athletes and youth leaders discover internal resilience through storytelling and strategy.

**CUSTOM KEYNOTES AND WORKSHOPS
AVAILABLE UPON REQUEST.**



PAST SPEAKER ENGAGEMENTS

- Miles College | Mental Health & Leadership Week
- Break the Silence Conference | Event Host & Speaker
- Girls in Leadership Summit | Keynote Speaker
- Youth Talk United Annual Retreat

AUDIENCE

- Athletic Departments
- Coaching Conferences
- Women in Leadership Summits
- Nonprofit Organizations
- Youth Empowerment Events

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