

About Erin. . .

Erin K. Garcia, a Neuro-Performance Coach, has been a certified professional coach with the ICF since 2010. Her coaching journey began in 2003 with *Accelerate Your Destiny* by Henry Penix in Tulsa, followed by becoming an Accelerated Results Coach with Noah St. John in 2011, known for the powerful Affirmations technique.

Using her ASCENT Coaching system, Erin has empowered solopreneurs, small business owners, network marketers, ministry leaders, and corporate executives to unleash their full potential personally and professionally. Her clients experience breakthroughs, double their income, leverage their strengths, and live with purpose.



Erin is also a published author, with memoirs like "The Real Skinny on My Anorexia" and contributions to "Pain, Purpose, and Passion" and "Stickman's Prayers." Her recent releases include "Heart Based Success," "Optimize Your Performance," and "Now What? The 7 V's of Business Identity," co-authored with Dee Selby.

In addition to her coaching endeavors, Erin is the founder of TheoRapha House, a faith-based neuro-emotional healing program that incorporates the transformative TheoRapha Technique. Through the Ascent Coaching Program, Erin continues to change lives by combining her diverse skills and tools to drive meaningful transformations.



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