

Erin Owen, MBA, is an Executive Coach in the Wharton Executive Coaching and Feedback Program. She is certified as a Total Leadership coach and Health Coach, currently practicing privately as a Performance Breakthrough Coach. Over the past two decades, she has consulted with and coached hundreds of entrepreneurs, business leaders and private individuals from more than 10 countries in the Americas, Europe and Asia, to more effectively run their businesses and lead healthier, happier, more productive lives.

Erin's unique coaching approach is heavily influenced by her two-decade long study of ancient Eastern practices ranging from Traditional Chinese Medicine to Yoga, from Reiki to Ayurveda, from Buddhism to Taoism. She specializes in "bringing Eastern wisdom to the Western idea of performance."

During the nearly six years she worked with Professor Stewart Friedman of The Wharton School at The University of Pennsylvania and the founder of Total Leadership, Erin developed the certification process for Total Leadership, subsequently trained to become a certified Total Leadership coach, taught select Total Leadership classes to professionals and women in academic medicine, and provided verbal and written coaching to hundreds of academic and professional participants in the Total Leadership program, including students in the Wharton MBA and Executive MBA programs.

She brings to her coaching work extensive cross-cultural and multi-industry experience in the fields of organizational change, human resource management, and health and lifestyle coaching. Her professional experience ranges from helping entrepreneurs from seven different Central and East European countries in building small- and medium-size enterprises, to aiding multinational corporations in localizing expensive expatriate roles in Mainland China; from coaching small business owners and solo-preneurs in establishing a consistent practice of self-care and effective time management to healthfully build thriving service-oriented businesses, to guiding global executive human resource executives through the complex organizational and people challenges inherent in mergers, acquisitions, and divestitures.

Erin received her MBA from the Kellogg Graduate School of Management at Northwestern University and her graduate certificate in international studies from the Hopkins-Nanjing Center in Nanjing, China. She completed her training and certification to practice Health Counseling at the internationally recognized Institute for Integrative Nutrition in Manhattan, where Drs. Deepak Chopra, Andrew Weil, and Neil Barnard are part of the prestigious faculty. Erin taught Oriental Nutritional Therapy to acupuncture students at The Won Institute in Glenside PA as a member of the adjunct faculty from 2005 to 2009. Erin is also a certified teacher of vinyasa yoga, yin yoga, and kids & family yoga, and is certified as a Level III Reiki Master Teacher and practitioner.

Erin is married to Matthew Riggan, a co-founder of the nationally recognized Workshop School and former researcher at the Consortium for Policy Research in Education (part of The Graduate School of Education at The University of Pennsylvania), as well as a senior lecturer in the Work-based Learning Leadership Executive Doctorate program (a joint program of The Wharton School and The Graduate School of Education). They live with their seven year old son Ian, three year old son Miles, and chocolate Labrador retriever in the Northern Liberties neighborhood of Philadelphia.