



Eric K. Salvador

Wellness & Personal Development Coach



Contact Me

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I am dedicated to promoting a healthy & active lifestyle through exercise, mental clarity and confidence building.

My goal is to guide individuals to develop the physical, mental and emotional resilience needed to thrive.

Understanding that finding purpose with intention is very powerful, possibly leading into prosperous outcomes, leads to motivation and fostering change.

My Coaching Philosophy -

Clarifying what you already know.

My purpose is to work with individuals in discovering, clarifying and developing abilities they already possess with the intention of using those skills towards life fulfillment.

Whether it be through exercise or conversation, I value helping others and will extend my hand with guidance to those who ask.

Together our primary focus is self-development and improving personal vulnerabilities. Personal development is essential, and training those mechanisms can reduce anxiety, improve goal attainment, and provide better performance.

If you find yourself:

- Seeking growth through learning experiences
- Feeling complacent and want to unlock potential
- Needing collaborative support, accountability & learning
- Wanting to improve performance and development
- Looking for balance and focus in exercise

Then I'm here to work with you every step of the way.

Credentials

- M.S. in Psychology with Emphasis in Life Coaching
- B.S. in Physical Education & Health
- CPR & First Aid Certified

Interests

- Team sports especially basketball
- Outdoor activities hiking, jogging, beaches & camping
- Foodie
- Music lover
- Dogs
- Family & Friends
- Fashion & Streetwear
- Lifestyle & Social Events
- Traveling locally & abroad
- Learning about other cultures

I want to empower you to truly flourish. We will work together to cultivate a sense of well-being and enable you to confidently navigate wellness challenges and achieve your goals. If you're ready to invest in yourself and collaborate towards a more resilient, vibrant and fulfilling workout, let's work together.