



## **Eren Barker, M.S., ATC, CSCS, ACE-CHC, LSSGB**

Co-Founder  
Everyday Wellness Collective  
Boise, Idaho

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Eren Barker is co-founder of Everyday Wellness Collective, a workplace well-being and consulting collaborative, and an employee well-being program manager for Idaho's largest employer. With more than a decade of experience in health promotion and applied health sciences, she designs initiatives that help individuals and teams create healthier, more connected, and high-performing workplaces.

In addition to facilitating team development and strengthening workplace culture through coaching, Eren leads a Well-Being Champion Network of more than 500 volunteers and created 'Your Midday Move', a movement-based program that helps employees recharge through short, energizing sessions that support physical and emotional well-being.

She holds an M.S. in Applied Physiology and Kinesiology from the University of Florida and a bachelor's degree in athletic training from the University of Illinois Urbana-Champaign. Eren is an ACE Certified Health Coach (ACE-CHC), NSCA Certified Strength and Conditioning Specialist (CSCS), and Lean Six Sigma Green Belt (LSSGB), with a passion for helping people rediscover joy and vitality at work.