

Coach Matt Ernster

“Change is inevitable. Growth is optional.” John Maxwell

Matt is an experienced leader with a demonstrated history of working in the professional coaching and training industry. Everyone communicates, few connect. Matt is a connector and visionary skilled in building relationships via coaching, training, and public speaking.

With more than fifteen years of coaching, training, and presenting experience, Matt is committed to be a change agent in the lives of people he meets along life's path. He thrives the most when engaging with people and equipping *them* to succeed. Whether coaching/mentoring business leaders one-on-one, his passion is strengthening relationships throughout teams to build a solid foundation for success.

Matt's style of coaching, especially resonates with individuals who seek growth in leadership as well as those who are in the midst of transition, i.e. career, relocation, marriage, family, etc. Matt is no stranger to transition, i.e.:

- Matt was cut from the basketball team as a freshman in high school. He was no Michael Jordan, so he chose to wrestle.
- He chose to go to an out of state, private college, which was far smaller than his high school.
- Matt moved overseas to the Czech Republic and didn't know anybody, nor the language. He went there with the intention of being there for one year. One year turned into six years!
- Upon returning to the United States via the Czech Republic, he married the love of his life and princess as he calls her.
- He moved to a new region of the country and didn't know anybody outside of his in-laws.
- Career – He went from teaching in the classroom overseas into starting a non-profit wrestling club as well as into professional coaching and facilitating as a corporate trainer.
- Having no prior building experience, Matt elected to be his own general contractor of his family's home. Thankfully, he is a gifted communicator and builder of people, so he was able to hand-pick the various subcontractors.
- He and his wife took on building their home while having two children under the age of 2 ½ years.
- At one point, he and his wife had four children under the age of 3 ½! Did he mention his two youngest are twins?

Outside his professional pursuits, Matt enjoys investing time with his wife of nearly nine years and four children where they live happily in the country. The family enjoys hiking, biking, hosting friends, whipping up healthy, homemade meals, and rooting for the Yankees.



Earnestly Growing

Training / Coaching / Speaking

Matt Ernster

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