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Erin Rector is a sales executive for a food safety firm, health and wellness coach, and podcast show host, who holds an Early Childhood Education Degree from Miami University. She spent more than half her career in the field of operational excellence, assisting businesses such as, Chick-fil-a, Target, and Regal Cinema, with the tools to operate and grow their brand.

She is well versed and known for assisting in all facets of sales, marketing, quality assurance, hiring and training, and strategic business and budget needs. She has brought her sales techniques and processes to her tailored coaching program and pivoted her passion towards helping home-based, along with small and large business owners, thrive while overcoming the "salesy" stereotypes of sales.

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