



ERIC WARREN JR.

COUNSELING. COACHING. MINDSET TRAINING





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Eric Warren Jr. (EJ) is a Licensed Psychotherapist, Marriage and Family Therapist, Motivational Facilitator and Wellness Advisor. Currently, Eric fosters mental wellness among professionals in sports and entertainment industries. He helps high achievers in competitive environments acclimate to success, develop a mindset to cultivate talent, overcome adversity, and craft meaningful and sustainable lifestyles and families. EJ is the CEO of Eric Warren Enterprises, Co-founder/Owner of Pride Rock Wellness, and an emerging therapeutic expert in the field of co-parenting.

EJ has connected deeply with many segments of the mental health service community. His professional career has included serving in nonprofit, government, and private sectors. Prior to becoming a licensed marriage and family therapist, Eric provided direct care to intellectually disabled adults. Through Pride Rock Wellness, he facilitated court-ordered anger management and batterer's intervention services. He has served as a clinician with the Department of Mental Health in South Los Angeles. While there, EJ worked with various programs, including Wraparound, Therapy Behavior Services, and Full-Service Partnership.

EJ is passionate about helping youth, and healing couples, individuals and families. He offers guidance on emotional intelligence and is a firm believer that the journey toward healing involves traveling unpaved roads that lead to redemption.

EJ is a graduate of Pacific Oaks College, where he earned a Master of Arts in Marriage and Family Therapy. He has a Bachelor of Science in Business Administration from the University of Phoenix. You can follow Eric on various social media outlets where he encourages his audiences with the tagline, "I pray you have a whole lotta' success on your schedule; try hard not to be late."

ericwarrenjr.com

priderockwellness.org



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MISSION

Eric Warren Jr. is a clinical performance and wellness coach. He supports clients who are embarking fast pace and unique journeys that may prompt various challenges, including: anxiety, depression, and interpersonal/family conflict. Eric supports his clients through individual coaching, team coaching and facilitation, and speaking and teaching engagements.

HISTORY

Eric Warren Jr., also known as Coach EJ, has been impacting lives in Southern California by promoting mental wellness for over a decade. He is especially proud of the work he has done in low-wealth communities and with juveniles in South Central Los Angeles. His career choices are undergirded by his unrelenting empathy for others and his amazing communication skills. EJ's passions are fueled by the tremendous need for, and the undeniable absence of, black male professionals in the mental health industry..

VALUES

Safety
Integrity
Transparency
Emotional Availability
Self-acceptance
Cultural Competency



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SERVICES

- Corporate Coaching for Teams
- Individual Coaching
- Team Facilitation

Speaking Engagements

- Mental Wellness in the Black Community
- Mental Health & Black Men
- Coaching & Managing Life in Marginalized Communities
- Balancing Life in High-Intensity Professions
- Compassion Fatigue
- Code-Switching Anxiety
- Career Transition
- Healing and Reconciliation with Self

Workshops for Healthcare Professionals

- Performance Anxiety
- Emotional Intelligence
- Compassion Fatigue

Individuals / Teams

- Co-parenting
- Compassion Fatigue
- Tools for Raising a Child with Special Needs
- Family Reunification
- Career Transition



CONTACT

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