

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

Well-Being Program Manager
St. Lukes Health System
Boise, Idaho

Eren Barker is a dynamic well-being professional passionate about creating workplaces where people can thrive. As a Talent Program Manager at St. Luke's Health System, she leads employee well-being programs that translate strategy into meaningful, accessible experiences for employees. With a career spanning sports medicine, applied research, and Human Resources, Eren brings a multidisciplinary perspective to workforce well-being. Her work includes leading system-wide well-being initiatives and the Well-Being Champion Network, with a focus on strengthening engagement, connection, and a culture of well-being. Ask Eren, though, and she'll simply tell you she's a professional joy spreader.

Eren earned a Master of Science in Applied Physiology and Kinesiology from the University of Florida and a Bachelor of Science in Athletic Training from the University of Illinois Urbana-Champaign. Her professional designations include Certified Athletic Trainer, Certified Strength and Conditioning Specialist, Certified Health Coach, and Lean Six Sigma Green Belt. She also has formal training in Change Management, Critical Incident Stress Management, and Peer Support.