

Coach Keith Engelhardt of Sawatch Solutions Recently Featured on Close Up Radio

DAYTON, OH, UNITED STATES, March 7, 2025 /EINPresswire.com/ -- In an age where personal well-being and leadership go hand in hand, Sawatch Solutions, founded by seasoned technologist and wellness expert Keith Engelhardt, stands at the forefront, offering distinctly integrated coaching services. With a focus on harnessing the power of mindfulness, neuroscience, and leadership training, Sawatch Solutions is working hard to redefine how individuals and organizations approach both personal and professional growth.



Keith Engelhardt, the visionary behind Sawatch Solutions, embarked on his tech journey in the early '70s. Over the decades, he made significant

contributions across multiple technological realms such as digital electronics, laser gauging, and coordinate measuring systems. His tenure at various firms, including training initiatives at the Wright-Patterson Air Force Base, solidified his passion for training and development.

Engelhardt's transition into web development in the late '90s positioned him as a pioneer in user experience and interface design. His portfolio boasts collaborations with high-profile clients, such as Audi, NASA, and major retailers. Despite retiring from full-time tech pursuits, Engelhardt continues to learn and apply technology including Artificial Intelligence, ensuring that his foundational grasp on innovation remains sharp.

From Technology to Inner Engineering

Parallel to his tech journey in the mid-'70s, Engelhardt discovered the transformative power of yoga, meditation, and mindfulness, which inspired him to seek teacher training through a Kripalu

Yoga Ashram affiliate. This side hustle quickly became a passion project, aimed at empowering others to master their “inner engineering” to de-stress and achieve peak performance.

Sawatch Solutions was named after the mountains Engelhardt fondly hiked and camped in Colorado. This company now embodies his dual passions: tech innovation and holistic wellness.

Integrating Neuroscience with Personal Growth

Under the umbrella of Sawatch Solutions, specialized brands such as NeuroYoga integrate the latest neuroscience findings with ancient practices of yoga and meditation. Engelhardt’s approach to wellness begins in understanding how mastering one’s brain and biology can result in exceptional achievements.

“Neither technology nor wellness are taught as disciplines you can learn to optimize your life,” Engelhardt explains. “Now, with neuroscience, we understand a great deal about optimal states for performance.”

Besides NeuroYoga, Sawatch Solutions also emphasizes understanding the Law of Attraction through a neurological lens, leveraging mechanisms like the reticular axis system to enhance focus and realize personal and professional goals.

Sawatch Solutions also offers tailored coaching services, including private and group coaching. The company’s Mastermind Groups emphasize defining core values and understanding neurobiology to drive success. These groups meet biweekly, providing a supportive environment for overcoming challenges and maintaining momentum on personal and professional journeys.

In addition, Sawatch Solutions offers a newly launched initiative, NeuroMarket Business Portal, empowering businesses with neuroscience-based marketing strategies, coupled with AI-driven content creation tools. This service is helping companies elevate marketing effectiveness by understanding consumer psychology.

Publications and Personal Pursuits



Keith Engelhardt is also a published author and multitasking talent, with his first book titled “Unbreakable, the Founders Mental Strength Guide,” recently released. An upcoming release is “Daily NeuroNudges™ (Volume 1) – Inspirational and affirmational nudges paired with remarkable images to promote self-esteem and success.

An advocate for introverts, another publication in process is “Introverted and Thriving: Strategies for Success in an Extroverted World” focuses on how introverts can achieve goals and get everything they want in their personal life and career without sacrificing their core traits.

When not engaged in coaching or writing, Engelhardt indulges in photography, gourmet cooking, and roasting his own coffee, embodying the diverse interests that Sawatch Solutions promotes.

Sawatch Solutions represents the culmination of Keith Engelhardt’s lifetime of learning and transforming passion projects into innovative solutions. By fusing technological innovation with wellness coaching, the company offers a comprehensive path to mastering both leadership skills and personal well-being.

Close Up Radio recently featured author Keith Engelhardt in an interview with Jim Masters on Monday March 3rd at 10am Eastern.

[Listen to the Podcast](#)

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<https://www.iheart.com/podcast/269-close-up-radio-242020413/episode/close-up-radio-spotlights-coach-keith-269481934/>

<https://open.spotify.com/episode/5c0q90L6dIE58jgpoqUx0R>

To learn more about Keith Engelhardt or Sawatch Solutions, please visit the following websites

<https://cms.sawatchsolutions.com/>

<https://amazingintroverts.zone/>

<https://neuroyoga.zone/>

<https://bp.neuromarket.co>

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