SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): January 30, 2014

Strategic Environmental & Energy Resources, Inc.

(Exact Name of Registrant as Specified in Charter)

NEVADA

000-54987

02-0565834

(State or Other Jurisdiction of Incorporation)

Commission File Number

(IRS Employer Identification No.)

7801 Brighton Road, Commerce City, Colorado 80022

(Address of principal executive offices)

Registrant's telephone number, including area code: 303-295-6297

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

£Written communications pursuant to Rule 425 under the Securities Act

£Soliciting material pursuant to Rule 14a-12 under the Exchange Act

£Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act

£Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act

Item 5.02: Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

Appointment of Michael J. Readey as Executive Vice President

Effective January 30, 2014, Mr. Michael J. Readey has been appointed as Executive Vice President of Strategic Environmental & Energy Resources, Inc ("SEER"). Mr. Readey brings to SEER more than 25 years of experience in technology development, product engineering, business development and management in both Fortune 500 and entrepreneurial settings.

Resignation of John Jenkins as Executive Vice President

Effective January 30, 2014 Mr. John Jenkins resigned as Executive Vice President of SEER in order to focus on his role as President of SEER's MV Technologies subsidiary.

Item 8.01: Other Events.

Press Release

On January 30, 2014, the Company issued a press release, attached hereto as Exhibit 99.1.

Item 9.01: Financial Statements and Exhibits

(d) Exhibits

The following exhibit relating to Item 5.02 shall be deemed to be furnished, and not filed:

99.1 Press Release dated January 30, 2014.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Strategic Environmental & Energy Resources, Inc

Date: January 30, 2014

By: /s/ J John Combs III

Name: J John Combs III

Title: Chief Executive Officer

January 30, 2014

Strategic Environmental & Energy Resources Strengthens Management Team with Appointment of Michael J. Readey as Executive Vice President

DENVER, CO -- Strategic Environmental & Energy Resources, Inc. (SEER) (OTC: SENR), a leading provider of products and services to the renewable energy, waste management and natural resource industries, today announced the appointment of Michael J. Readey as Executive Vice President. Former Executive Vice President John Jenkins relinquished this position in order to focus on his role as President of SEER's MV Technologies unit.

Readey brings to SEER more than 25 years of experience in technology development, product engineering, business development and management in both Fortune 500 and entrepreneurial settings. At SEER he will focus extensively on advancement of the Company's technology divisions, specifically its emissions control and hazardous waste destruction products and systems, as well as strategic planning to help SEER prioritize and capitalize on its many growth opportunities.

"We are delighted that Michael is joining our executive management team at such a prosperous time in the Company's evolution," said John Combs, Chairman and CEO. "Michael will immediately strengthen our ability to execute on existing growth opportunities and accelerate commercialization and market penetration of new technologies."

"I am thrilled to be joining SEER and believe my skill set dovetails perfectly with the Company's solutions portfolio and business strategy," said Readey. "I look forward to helping SEER increase the pace and scope of its product development and marketing initiatives. We are focused on continued growth of our core business while at the same time introducing new, cutting edge technologies that have the potential to dramatically change the way hazardous waste is managed in this country. Our challenge is to balance these opportunities in a way that benefits our stockholders, customers and the communities in which we operate."

Readey spent 13 years with Caterpillar, Inc., where he held positions of increasing responsibility. At CAT he led several major corporate initiatives, including launch of the Company's emission control business, management of long-term product strategy to meet increasingly stringent EPA regulations, and development of advanced materials and processes for the Company's operating units.

More recently Readey served as President and CEO of AeriNOx Inc., a supplier of emission control systems to the North American stationary engine, gas turbine and industrial process markets. AeriNOx was established in 2011 as a joint venture between DCL International (Toronto, Canada) and H+H Umwelt & Industrietechnik (Hargesheim, Germany). Readey directed the Company's launch efforts, and subsequently led sales and marketing initiatives while overseeing executive administrative functions.

Ready holds a Ph.D. in Materials Science and Engineering from Case Western Reserve University, BS and MS degrees in Ceramic Engineering from Ohio State University, and Business Management Certificates from Bradley and Northwestern Universities. He is a frequent speaker at international forums on the subjects of emissions control, materials and manufacturing technologies.

About Strategic Environmental & Energy Resources, Inc.

Strategic Environmental & Energy Resources, Inc. is a leading provider of products and services to the, renewable energy, oil and gas E&P, refining, and waste management industries. The Company has three wholly-owned operating subsidiaries: REGS, LLC, Tactical Cleaning Company, MV Technologies, LLC; and a majority-owned subsidiary, Paragon Waste Solutions, LLC.

For more information about the Company visit: www.seer-corp.com

Safe Harbor Statement

This press release contains "forward-looking statements" within the meaning of various provisions of the *Private Securities Litigation Reform Act of 1995*, commonly identified by such terms as "believes," "looking ahead," "anticipates," "estimates," and other terms with similar meaning. Specifically, statements about demand for, and effectiveness of, the Company's products and services are forward looking statements. Although the company believes that the assumptions upon which its forward-looking statements are based are reasonable, it can give no assurance that these assumptions will prove to be correct. Such forward-looking statements should not be construed as fact. Statements in the press release regarding the impact and ability of the Company's products to handle the future needs of customers, and the Company's plans to expand its core business and introduce new technologies, are forward-looking statements. The information contained in such statements is beyond the ability of the Company to control, and in many cases the Company cannot predict what factors would cause results to differ materially from those indicated in such statements. All forward-looking statements in the press release are expressly qualified by these cautionary statements and by reference to the underlying assumptions.

Contacts:

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