

# CHRISTINA MARIE KING

SPEAKER | COACH | LEADERSHIP DEVELOPMENT

## BIO

CHRISTINA M KING, MA, LPC, A CLINICAL PSYCHOTHERAPIST, COACH, AND SPEAKER, IS COMMITTED TO BETTERING HUMANS AND WORKPLACES THROUGH SECURE LEADERSHIP. SHE BELIEVES THAT LEADERSHIP IS A RELATIONSHIP, AND THAT RELATIONSHIP STARTS WITH YOU.

BASED IN BASALT COLORADO, CHRISTINA ADVANCES SECURE LEADERSHIP ACROSS THE COUNTRY FOR INDIVIDUALS AND BUSINESSES. HER EDUCATION IS ROOTED IN COGNITIVE BEHAVIORAL THERAPY WHERE CHRISTINA ACHIEVED HER POST-MASTERS IN CLINICAL PSYCHOTHERAPY AT WEST CHESTER UNIVERSITY OF PENNSYLVANIA. SHE BEGAN HER THERAPEUTIC CAREER OVER 15 YEARS AGO IN COMMUNITY MENTAL HEALTH CENTERS IN PHILADELPHIA - WHERE SHE WAS ALSO BORN AND RAISED.

IN 2013, SHE RE-ROOTED HERSELF TO LAUNCH HER PRIVATE PRACTICE IN THE BE-LOVED ROCKY MOUNTAINS. IN ADDITION, CHRISTINA FOUNDED A LOCAL NON-PROFIT ADVOCATING FOR MENTAL FITNESS TO ADDRESS THE NEED FOR IMPROVED PREVENTATIVE ACTION WITHIN HER COMMUNITY. SHE CO-FOUNDED AND PRODUCED THE 5-YEAR, 'CHANGING BRAINS, CHANGING LIVES', EDUCATIONAL SYMPOSIUM IN ASPEN CO (2015-2019). THE RELATIONSHIPS AND KNOWLEDGE SHE HAS GAINED FROM THIS EXPERIENCE CONTINUE TO INFLUENCE HER LIFE PERSONALLY AND PROFESSIONALLY.

CHRISTINA IS AN AVID LEARNER OF THE BRAIN, BODY, OPTIMAL HEALTH, AND LEADERSHIP; AND IS ENTHUSIASTIC ABOUT SHARING ALL OF HER KNOWLEDGE WITH HER CLIENTS TO HELP THEM LIVE THEIR BEST LIVES. IN 2018, SHE EARNED A CERTIFICATE IN 'WOMAN IN LEADERSHIP' AT ECORNELL UNIVERSITY. IN 2023, SHE COMPLETED THE COACHING WITH TED\* (\*THE EMPOWERMENT DYNAMIC) COACHING COURSE'. BY COMBINING HER PASSION FOR EDUCATION, RESEARCH, AND PSYCHOLOGY, CHRISTINA USES A HANDS-ON, ENGAGING APPROACH FOR MOVING PEOPLE FROM A PLACE OF STRUGGLE AND CONFUSION, TO ONE OF CLARITY, COMPASSION, AND MEANINGFUL CONTRIBUTION.

IN 2015, SHE WAS RECOGNIZED IN ASPEN PEAK MAGAZINE, WOMAN OF INFLUENCE. SHE HAS DEDICATED TIME AND ENERGY TO THE ASPEN ROTARY CLUB AND BOARD (2015-2018), AND THE PITKIN COUNTY BOARD OF HEALTH (2017-2020). IN 2016, SHE WAS HONORED TO SPEAK AT THE NATIONAL ADDICTION CONFERENCE AT THE BROADMOOR IN COLORADO FOR A PANEL OF WOMAN IN LEADERSHIP. IN 2023, SHE RECEIVED THE PITKIN COUNTY CARES AWARD FOR HEALTH FOR HER VOLUNTEER WORK SUPPORTING MENTAL HEALTH IN THE ROARING FORK VALLEY.

CHRISTINA HAS PROVIDED YEARS OF PROFESSIONAL GUIDANCE IN INTERPERSONAL NEUROBIOLOGY AND IS EQUIPPED WITH VARIOUS TOOLS TO OPTIMIZE HER CLIENT'S HEALTH AND SUCCESS, SUCH AS; COGNITIVE BEHAVIORAL THERAPY, PARTS WORK, ATTACHMENT SCIENCE, MINDSET PSYCHOLOGY, AND LEADERSHIP COACHING. SHE EMPOWERS HER CLIENTS TO REWRITE THE NARRATIVES OF THEIR LIFE STORIES SO THEY MAY FEEL EQUANIMITY, PURPOSE, AND CONTINUED STRENGTH IN BEING CONSCIOUS CREATORS OF THEIR FUTURE SELVES.

CHRISTINA'S CANDID ABILITY TO INSPIRE HER CLIENTS THROUGH HUMOR, PASSION, AND EDUCATION WHILE ALSO PROVIDING HANDS-ON TOOLS HAS LED HER TO BE INVITED TO ADDRESS DIVERSE LOCAL AND NATIONAL GROUPS INCLUDING MEDICAL TEAMS, WEALTH ADVISORS, GOVERNMENT MUNICIPALITIES, SCHOOLS, MARKETING AND ADVERTISING TEAMS, AND OTHER SMALL BUSINESSES.

CHRISTINA NOW SPENDS HER TIME COACHING HUMANS TO BUILD STRONG CHARACTER SO THAT THEY MAY LEAN INTO LIFE'S CHALLENGING CIRCUMSTANCES WITH CURIOSITY, COMPASSION, AND COURAGE!