

CHRISTINA MARIE KING

SPEAKING | PSYCHOTHERAPIST | COACH

BIO

CHRISTINA M KING, MA, LPC, A CLINICAL PSYCHOTHERAPIST AND COACH, IS AN EXPERT IN COGNITIVE BEHAVIORAL THEORY AND HUMAN TRANSFORMATION. SHE IS AN AVID LEARNER AND EDUCATOR OF INTERPERSONAL NEUROBIOLOGY AND IS EQUIPPED WITH VARIOUS TOOLS TO OPTIMIZE HER CLIENT'S HEALTH AND SUCCESS; THE ART OF DETACHMENT, MEDITATION, SYSTEMS WORK, ATTACHMENT SCIENCE, MINDSET PSYCHOLOGY, AND LEADERSHIP COACHING.

CHRISTINA BELIEVES THAT LEADERSHIP IS A RELATIONSHIP, AND THAT RELATIONSHIP STARTS WITH YOU. SHE EDUCATES AND COACHES HER CLIENTS ON THE INTEGRATION OF SYSTEMS, INTERNALLY AND EXTERNALLY, TO SUPPORT HEALTHY AND STRONG INTERPERSONAL RELATIONSHIPS, STARTING WITH SELF.

SHE RECEIVED HER MASTERS FROM WEST CHESTER UNIVERSITY OF PA. SHE EARNED A CERTIFICATE IN WOMAN IN LEADERSHIP AT ECORNELL UNIVERSITY. SHE IS A PHILADELPHIA NATIVE NOW LIVING IN THE ROCKY MOUNTAINS WITH HER CO-PILOT, ADIE, AN AUSTRALIAN SHEPHERD.

SHE IS THE FOUNDER OF A LOCAL NON-PROFIT ADVOCATING FOR MENTAL FITNESS, HEADQUARTERS. SHE CO-FOUNDED AND PRODUCED THE 5-YEAR, CHANGING BRAINS, CHANGING LIVES, EDUCATIONAL SYMPOSIUM IN ASPEN CO.

IN 2015, SHE WAS RECOGNIZED IN ASPEN PEAK MAGAZINE, WOMAN OF INFLUENCE. SHE HAS DEDICATED TIME ON THE BOARD OF THE ASPEN ROTARY CLUB AND THE PITKIN COUNTY BOARD OF HEALTH. SHE RECEIVED THE PITKIN COUNTY CARES AWARD IN 2024 FOR HER VOLUNTEER WORK SUPPORTING MENTAL HEALTH.

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 BUSINESS UNIVERSITIES.

CHRISTINA'S MISSION IS TO INSPIRE EACH OTHER TO REWIRE SO THAT THE WORLD WILL HAVE MORE CONSCIOUS, COMPASSIONATE, AND COURAGEOUS HUMANS!