

What are your goals for the future?

To continue helping people be their best at whatever they do. Once we figure out what has gotten in the way of achieving their best with their riding goals, it flows into all aspects of their lives. I help clients find their balance mentally, physically and emotionally. When this happens, it's so fulfilling for my clients and for me, as well.

What is the best thing about your life?

My life! Everything; I have a wonderful career, an awesome husband, a wonderful family, and a very special grandchild... I'm so blessed! But I must add, I do practice what I teach.

Best kept secret about what you do?

To be honest, I really don't have too many secrets. I know my own life experiences were the catalyst to my desire to help others, so when I help someone I know what it takes to make the changes and get rid of the old programming in the brain that keeps people from achieving their personal best. Perhaps something people don't know about me is that I really believe everyone can learn and do the work and create the life they want. For me, finding out what someone needs to reach their personal best includes helping them heal from the inside out to accomplish their goals. If I can do it, so can everyone else. **KS**

Photos courtesy of Laura King



Photos top to bottom:
While growing up, Laura showed
on the Florida circuit.

Laura King