

7 Natural Laws Of Longevity

Lauren Jean Kinghorn

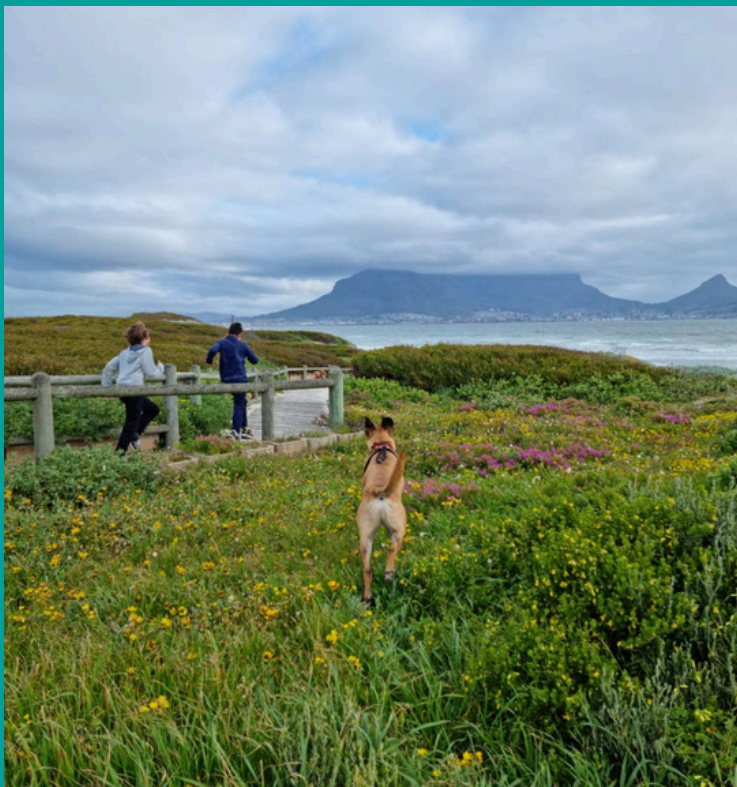
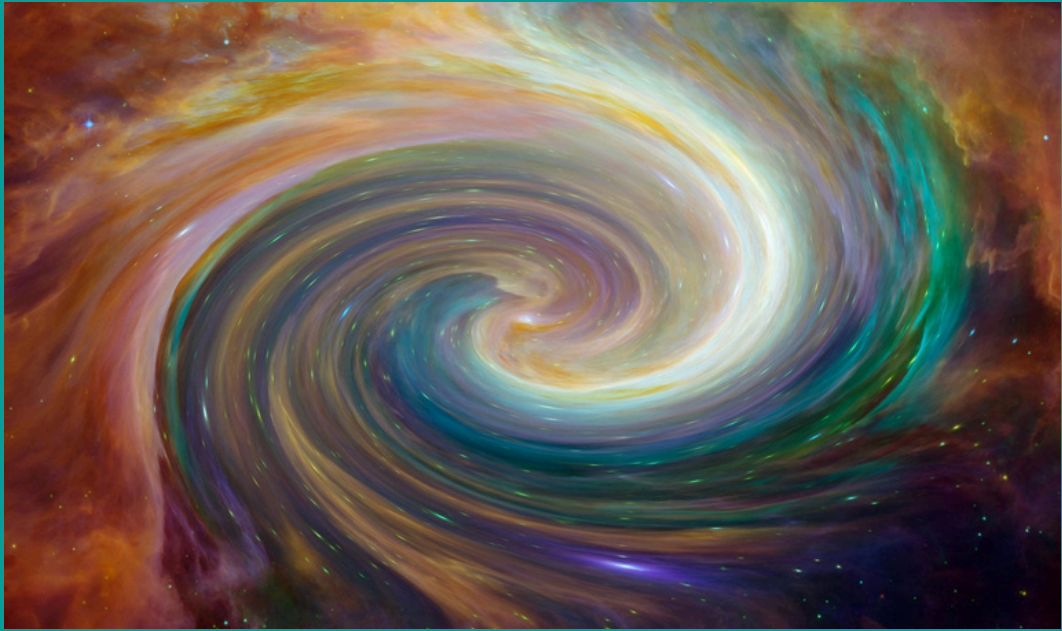


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Hi! I'm the Author Lauren Kinghorn

Throughout history, we have been obsessed with the idea of immortality. From ancient myths and legends to modern science fiction, the concept of living forever has captured the imagination of us all as long as we've been in existence.

Yet what happens if this fantasy becomes a potential reality?

We're living longer than ever before, but what's our quality of life like at the end?

Over the last three decades, I've embarked on my own personal quest to uncover the latest breakthroughs in longevity research.

I've looked into the lifestyle of the world's oldest living people and the role of genetics and epigenetics.

I've tested healthy lifestyle choices known to extend our lives.

And I've come to question: Is immortality really the holy grail?

Is it a longer lifespan we are after, or rather greater **healthspan**, **youthspan**, **mindspan**, and **joyspan**?

Let's go on a little journey together.

Get ready to challenge your beliefs, expand your knowledge, and discover how you can extend your lifespan **and** healthspan, and *have fun doing it*.



— Lauren
Kinghorn

INTRODUCTION

Do You Really Want to Live Forever?

My Dad passed away last year after suffering from Lewy Body Disease. It's a progressive form of dementia that is kind of like Alzheimer's and Parkinson's Disease combined.

We had to move him into Frail Care when it became too difficult for my Mom to care for him at home.

For the last few years of his life, he wasn't able to communicate at all, feed himself, stand up, or sit down. It took 2 nurses to get him off the bed and into a wheelchair to sit up for a few hours each day.

In the last year of his life, he could barely chew or swallow his food properly, and he was no longer able to recognise us.

He used to light up when I arrived to see him, especially on the days I was able to bring our son, but he got to the point where he couldn't smile or show any emotion at all.

Watching him deteriorate over the years was one of the most difficult things our family has ever been through. They call dementia *the long goodbye*.

Robin Williams took his life after he found out he had Lewy Body Disease. At the time, I couldn't fully understand why. Now I do.

Over the years, as I visited my Dad in frail care, I met many old people in a similar plight, living into their 90s, in various states of frailty and dementia.

It's made me question many times whether living longer is the goal we should be shooting for, because this is not how I would want to live out the last years of my life, and I'm I'm pretty sure they all felt the same way.

How about you? Have you ever thought about the quality of life you'd want in your later years?



But then, there’s my Mom. My Mom is amazing!

She’s now a healthy 81 years-young, and she is in great health and full of life and ideas.

My Mom is still walking, driving, cooking, making new friends, sewing, playing Canasta with friends, playing Words with Friends and Quordle on her phone, painting, and writing her memoirs.

My Mom is always game to go out and try new places, and she loves learning new things.

My Mom started her own arts and crafts blog at 73 and even her own YouTube channel. Before this, she was too scared to use a computer and hadn’t even joined Facebook until she started blogging.

It’s my Mom’s fascination with life that makes me want to live forever. I want to be *like her when I’m her age. Vibrant, vital, and in love with life and living.*

In this book, I'll share the lessons I’ve learned about old age, both through watching my parents grow older and doing tons of research on longevity.



WORLD HEALTH ORGANISATION STATS

The stats tell us we are living longer, but we’re not necessarily living happier. Way too many people are not enjoying their twilight years because they have some form of degenerative illness or mental illness, and feel too sick, tired or in pain to do much.

Now, some might say it’s just our genetics. But the World Health Organization, says this:

“While Healthy Ageing starts at birth with our genetic inheritance, only approximately 25% of the diversity in longevity is explained by genetic factors.

The other 75% is largely the result of the cumulative impact of our interactions with our physical and social environments, which shape behaviours and exposures across the life course.”

WHO also states that “There is no typical older person. Some 80-year-olds have the levels of physical and mental capacity of the 20 or 30-year-olds. While others of the same age may require extensive care and support for basic activities like dressing and eating.”

So, what is the difference that makes the difference?

What can we do to live happily and healthily into our dotage?

This is exactly what you'll learn in this book and what I will be teaching you in my 5-Day Longevity Challenge.

LAW ONE

The Law of Mindset



The Law of Mindset is not only how we think, but also how we speak about ourselves, our lives and aging.

It's your outlook on life, your beliefs, your self-esteem and your self-talk.

Marisa Peer, the Founder of Rapid Transformational Therapy, says “***the most important words you'll ever hear are the ones you tell yourself***”.

Negative self-talk is that internal dialogue we have with ourselves that is critical, self-deprecating, or pessimistic.

It has a profound impact on our overall well-being, including the aging process.

Research shows that **negative self-talk** can accelerate the aging process by

- increasing stress levels
- creating inflammation in the body
- affecting our immune system, and
- contributing to chronic illnesses.

Ways We Think and Speak Ourselves Old

Did you ever hear things like?

- You're over the hill (at 40 or 50)
- You can't teach an old dog new tricks.
- I forgot where I put my keys, I must be going senile.
- I'm always tired, I must be getting old.
- I feel invisible these days.
- Getting old is “for the birds”
- Nobody will hire me at this age.
- You're heading for the departure lounge

Do you find yourself thinking or telling yourself things like this?

I'm too old or too busy to...

- take that new course?
- get another job?
- join a gym?
- go for a walk?
- learn a new language?
- travel overseas?
- heal that relationship?
- make new friends?



When I think of my parents at age 40 and 50, both of them were amazingly generous with their time, love, and kindness. My Dad as a Presbyterian Minister, my Mom as a serial entrepreneur.

However, my Father, as an introvert and empath, felt depleted after giving to others, whereas my Mother, as an extrovert, felt more buoyant and energetic after engaging with people.

My Mom was running aerobics classes in the church hall. She was fitter than ever and looking younger, slimmer, and happier than she did in her late 20s (just after having her 3 children).

She also had a direct selling business and was reaching amazing heights, becoming a top salesperson and top business leader, winning cruises and overseas trips.

My Mom saw life as fun and exciting, and always spoke in the positive – she still does.

My Dad was a very dedicated pastoral Minister, visiting and counselling sick, dying, stressed, and grieving people in his congregation.

My Dad suffered from depression all his life, and struggled with back problems and painful arthritis, and was in and out of hospital for various operations to ease the pain.

Looking back, I think my Dad pushed himself out of his comfort zone, to be the incredibly loving, pastoral Minister he was, but it took its toll on his health.

Perhaps my Dad took on his congregation's pain and suffering.

I've never heard my Mom express concern for her future health. She lives for the present moment and gets as much joy out of each of those moments as she can. **She is the epitome of living vibrantly.** Right now, at 81 years-young, my Mom is living her best life, travelling the world with her new love.

I truly believe we get to choose the course of our lives. It all starts with our thoughts, feelings, and words, about ourselves, our aging bodies, our environment, and our lives.

TECHNIQUES THAT WORK

Mindset Tools for Youthspan

- ✔ Use the WOOP Technique: Wish, Outcome, Obstacle, Plan
- ✔ Question Stressful Thoughts by doing The Work by Byron Katie
- ✔ Try out Emotional Freedom Technique (EFT or Tapping)
- ✔ Develop a Growth Mindset, Read Failing Forward by John Maxwell
- ✔ Swop Negative Words with Positive - Use Affirmations
- ✔ Create a Happiness Diary or Miracle Book
- ✔ Positive Self-Talk: List Your Positive Aspects and Achievements
- ✔ Do the Magic Gratitude Challenge on The Magic by Rhonda Byrne
- ✔ Consume Inspirational Content: Books, Podcasts, and Videos



ACTION PLAN

Mindset Action Plan

- ✔ Use the WOOP Technique: Wish, Outcome, Obstacle, Plan
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LAW TWO

The Law of Nutrition



The Law of Nutrition is not about following the latest fad diet, it’s not about weight management, but simply about eating 90% what God gave us and 10% of the foods that we’ve tampered with (processed foods).

It’s about making sure we have more plants on the plate than meats, making fresh fruits and veggies our main source of nutrition.

It’s about eating the 5 colours of the rainbow rather than just a lot of grey overcooked, over-processed foods with no nutrient value.

There’s a reason why the old adage goes “an apple a day keeps the Doctor away, rather than “apple juice, apple pie or apple sweets” It has a profound impact on our overall well-being, including the aging process.

Yes, it would be fabulous if we could all grow our own organic vegetables but that’s not required. Simply upping our intake of fresh, colourful, nutritious foods and limiting the junk food makes the world of difference.

How many of these are you eating daily?

Top Foods and Drinks for Longevity

- 1. Beans & Legumes
- 2. Berries
- 3. Fruits
- 4. Cruciferous Vegetables
- 5. Greens
- 6. Other Vegetables
- 7. Flaxseeds
- 8. Nuts & Seeds
- 9. Herbs & Spices
- 10. Whole Grains (Fibre)
- 11. Water
- 12. Green Tea

Top Foods and Drinks That Age You

- 1. Trans Fats (e.g. Margarine)
- 2. Fried Foods
- 3. Processed Meats (e.g. Ham, Bacon)
- 4. Charred Meats
- 5. Cookies & Cakes
- 6. Sweets
- 7. Artificial Sweeteners & Corn Syrup
- 8. Coffee
- 9. Carbonated Drinks
- 10. Alcohol

TECHNIQUES THAT WORK

Nutrition Tips for Youthspan

- ✓ Stock your house with nutritious, delicious, colourful, fresh foods
- ✓ Avoid processed foods, shop mostly in the fresh food aisles
- ✓ Limit your meat intake to 2-3 times a week instead of per day
- ✓ Play with new recipes to find easy nutritious meals you love
- ✓ Start every main meal with a soup, salad, smoothie or raw veg
- ✓ Dish up on smaller plates and remove food once you've dished up
- ✓ Eat all the colours of the rainbow
- ✓ Give yourself one day a week when you eat whatever you want
- ✓ Check out videos or podcasts on the benefits of intermittent fasting, a plant-based diet or the Mediterranean diet



LAW THREE

The Law of Movement



The Law of Movement is not about forcing yourself to the limit of your strength and endurance, but about moving your body in a way that brings you joy.

When it comes to physical activity and risk of mortality, the evidence is unanimous: Active people are less likely to die prematurely, according to a 2021 systematic review and meta-analysis published in the journal Preventive Medicine.

“In a meta-analysis, Woodcock et al. (Woodcock et al., 2011) estimated that if a sedentary individual increased light to moderate activity in leisure time from none to only 11 metabolic equivalent (MET) hours/week, or 2.5 h/week of activity with an intensity equivalent to brisk walking, they would reduce their mortality risk by 19%.”

Which means half an hour or exercise every week day is enough. Up that to an hour every day and you get a little bump in longevity (24%) before it starts becoming too much.

10 Fun Activities to Get Your Body Moving

- 1. Walking, Hiking or Climbing
- 2. Dancing
- 3. Yoga or Pilates
- 4. Swimming or Water Sports
- 5. Horse-riding
- 6. Cycling, Scootering or Skateboarding
- 7. Rebounding
- 8. Gymnastics
- 9. Martial Arts, Tai Chi or Chi Gung
- 10. Play Tennis or Team Sports

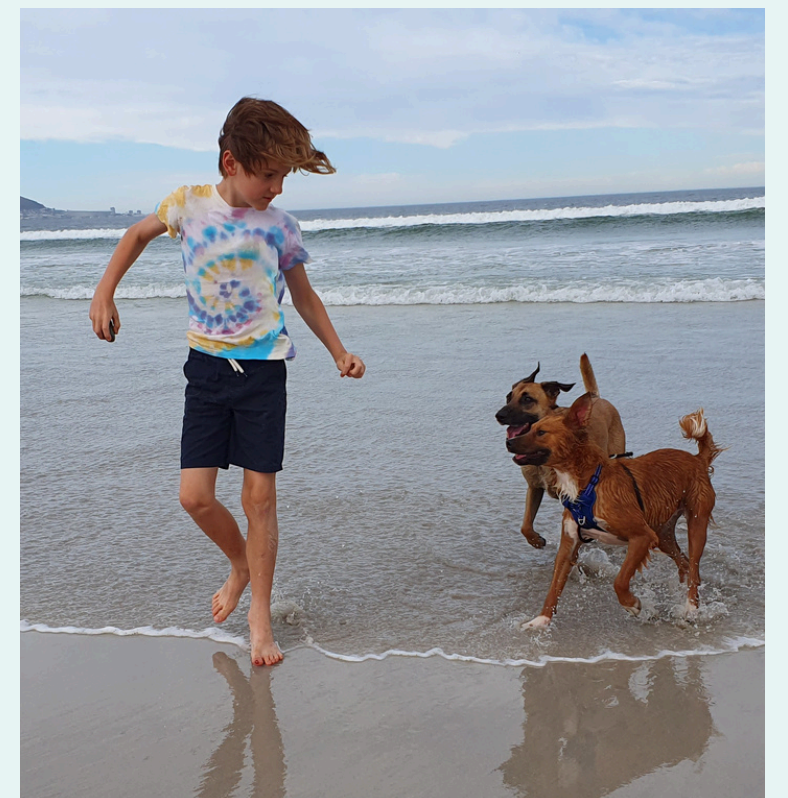
Top 10 Benefits of Exercise

- 1. Gets blood and lymph pumping
- 2. Protects your heart
- 3. Releases dopamine and endorphins
- 4. Makes you feel joyful, vibrant and alive
- 5. Lowers anxiety and depression
- 6. Improves brain health and memory
- 7. Protects against dementia
- 8. Boosts immune system
- 9. Protects against chronic illness
- 10. Improves digestion, tones and slims

TECHNIQUES THAT WORK

Movement Tips for Youthspan

- ✓ Find some form of movement that lights you up and brings you joy
- ✓ Exercise outdoors, in nature, as often as you can
- ✓ Add meditation, prayer, breathwork, savouring or singing to a walk
- ✓ Buddy up or invite loved ones to exercise with you
- ✓ Make exercise a form of play
- ✓ Start small, building on your strength and endurance over time
- ✓ If injured or overweight, take it very slow, try swimming or Chi Gong
- ✓ Set yourself little targets and reward yourself for achieving them
- ✓ Try at-home workouts with [@YogawithAdriene](#) or [@GrowwithJo](#)



LAW 4

The Law of Rest



The Law of Rest is not only about our sleep habits, but also about taking time out to relax, meditate, pray, or simply chill.

Since the advent of TV and the internet, our downtime has become less and less about connecting with others.

Evenings used to be spent having long dinners chatting, reading together, playing cards or board games, or maybe listening to the radio.

TV and social media don't give you social connection, meaning, exercise, good nutrition, good values, good relationships, or anything that makes you live longer.

Too much TV can lead to us becoming couch potatoes. And with that comes diabetes, overweight, heart disease, and a host of other degenerative illnesses.

Here are some healthy downtime ideas that help you live longer, healthier and happier.

10 Healthy Downtime Ideas

1. Breathwork
2. Dreaming or Visualising
3. Self-Hypnosis
4. Meditation or Prayer
5. Journaling or Doodling
6. Arts, Crafts or Hobbies
7. Board Games
8. Yoga, Tai Chi or Chi Gung
9. Mindfulness
10. Gratitude or Savouring

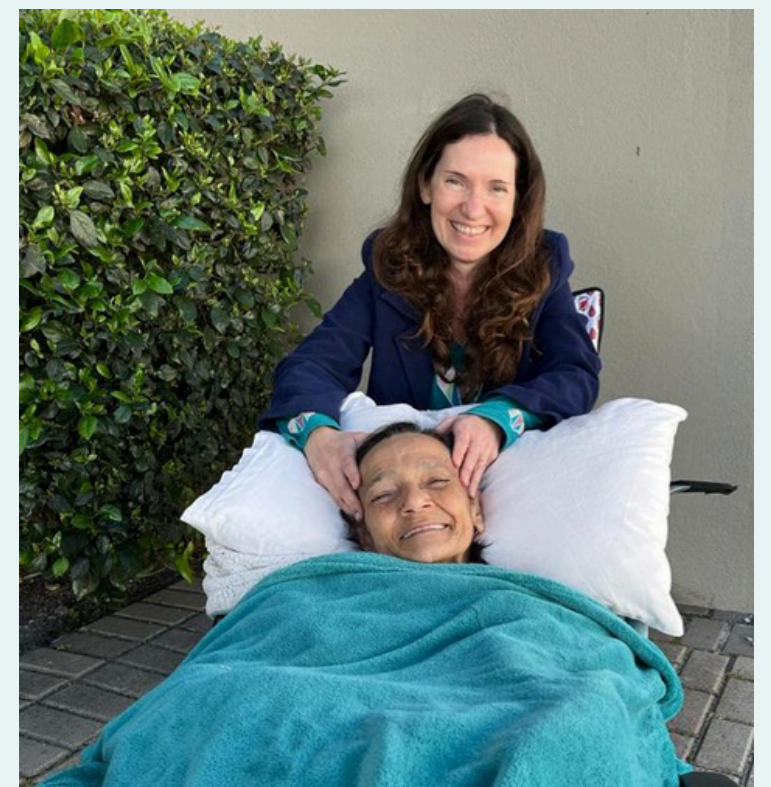
Top 10 Benefits of Rest

1. Reduces stress and anxiety
2. Helps regulate your blood sugar
3. Lowers your blood pressure
4. Helps regulate your metabolism
5. Reduces inflammation boosting immunity
6. Improves digestion and elimination
7. Improves your memory
8. Improves executive function
9. Protects against dementia
10. Repairs your tissues and cells

TECHNIQUES THAT WORK

Rest and Sleep Tips for Youthspan

- ✓ Do your best to sleep at least 6 to 8 hours a night
- ✓ Create a relaxing sleep routine, eg. bath or read before bedtime
- ✓ Stop screen time at least 1 hour before you go to bed
- ✓ Take catnaps or a siesta during the day when required
- ✓ Learn to meditate, start with just 1 minute a day and build slowly
- ✓ Stretch, or practice Yoga, Pilates, Tai Chi or Chi Gong
- ✓ Indulge in bodywork treatments like Aromatherapy or Reflexology
- ✓ Try Energy Healing, such as Reiki or Quantum Touch
- ✓ Meditate or pray, try guided meditations or self-hypnosis



LAW 5

The Law of Love



The Law of Love is about embracing all the relationships in our life, including our relationship to self and our Maker.

My Dad used to preach about the Greek words for the four different types of love.

Agape Love

Unconditional love, the love God has for us. Forgiving, caring, compassionate, all-encompassing.

Eros

Romantic love, the love, attraction and desire we have for our partner or spouse.

Storge

The natural empathy or affection parents, children and siblings have for each other.

Philos

Friendship, or the love we have for our fellow human beings.

Each of these words are verbs, action is required for us to nurture and sustain love.

Top 10 Ways LOVE Improves Wellbeing

- 1. More Joy (Dopamine & Norepinephrine)
- 2. Less Stress (Lowers Cortisol)
- 3. More Peace and Bliss (Oxytocin)
- 4. Lower Blood Pressure
- 5. Less Anxiety & Depression (Serotonin)
- 6. More Confidence
- 7. Boosts Immune System (Cytokines)
- 8. Reduces Inflammation
- 9. Relieves Pain (Endorphins)
- 10. Helps You Sleep Better

Top 10 Ways to Be More Loving

- 1. Practice Random Acts of Kindness
- 2. Hugs (10 to 20 seconds)
- 3. Be playful
- 4. Make love (not war)
- 5. Show appreciation and gratitude
- 6. Smile and laugh readily
- 7. Nurture your friendships
- 8. Develop compassion and empathy
- 9. Listen intently
- 10. Forgive quickly and easily

TECHNIQUES THAT WORK

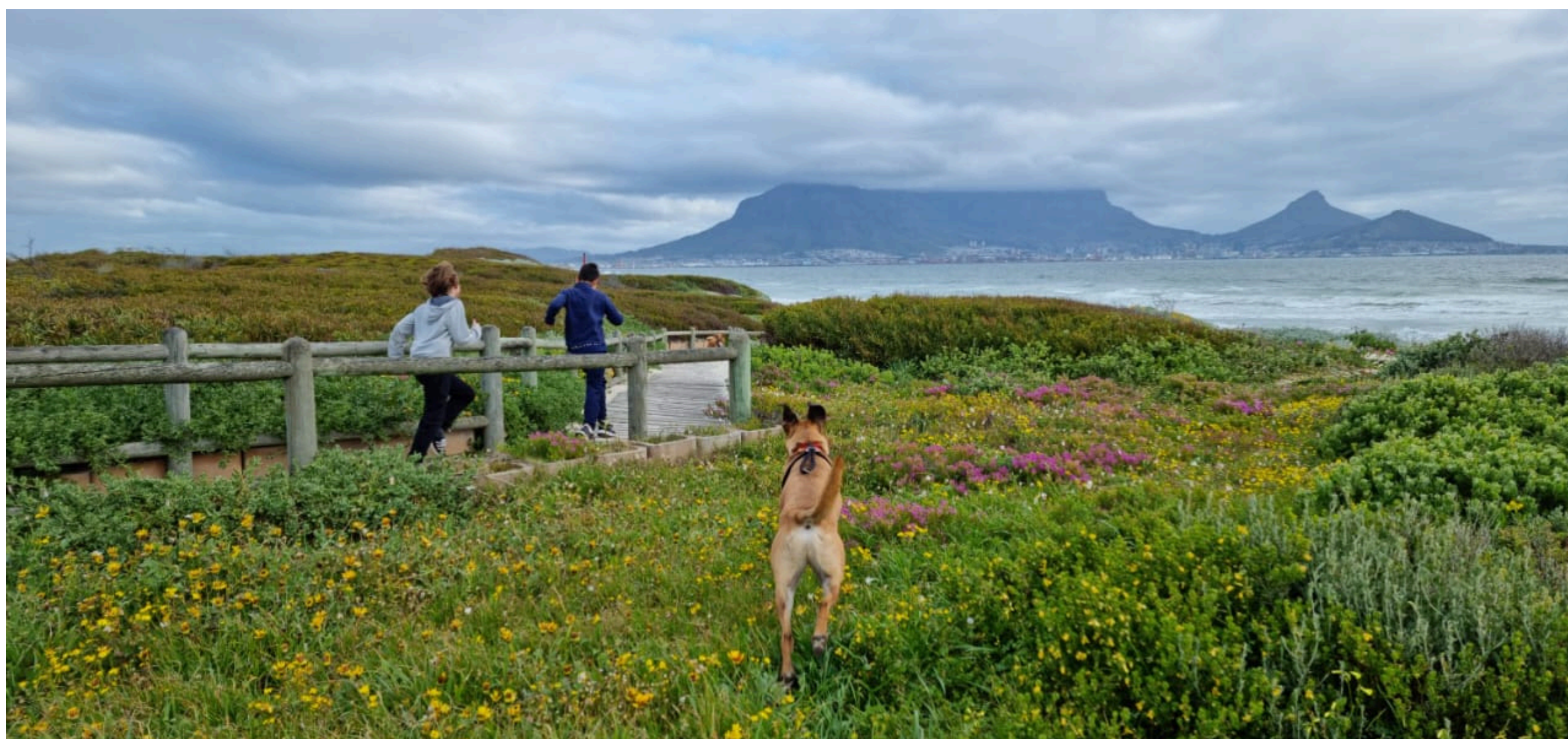
Tips for a Life Filled with Love

- ✓ Do unto others what you'd like others to do unto you.
- ✓ Anger ages you. Try Emotional Freedom Technique (Tapping).
- ✓ Choose peace over ego. Say, "You're right." Argument over.
- ✓ Let go of resentment & unforgiveness. Read A Course in Miracles
- ✓ Give generously, of your time, energy, support, love, light & joy.
- ✓ Focus on what's right about your loved ones. Appreciate them.
- ✓ Look into people's eyes when you're in conversation with them.
- ✓ Practice active listening, especially with family members.
- ✓ Breathe love in and out every day - Meditation for Expansion



LAW 6

The Law of Environment



The Law of Environment is about choosing to live in the cleanest, healthiest, most peaceful environment we can.

The Blue Zones are pockets in the world where the most number of Centenarians live.

These regions include Okinawa in Japan, Sardinia in Italy, Loma Linda in California, Nicoya Peninsula in Costa Rica, and the Greek island of Ikaria.

Though these are mostly remote areas, you don't have to run to the hills or move to the country to improve your environment.

Singapore has become a Blue Zone in recent years simply by changing the environment, planting more trees, adding more parks with outdoor gym equipment, adding hefty car taxes to reduce driving and encourage cycling or walking.

Top 8 Environmental Dangers

1. Sun Over-Exposure
2. Smoking and 2nd hand smoke
3. Air Pollution and Greenhouse Gases
4. Soil and Water Pollution
5. Deforestation
6. Plastic Pollution
7. Global Warming
8. Biodiversity Loss

Top 10 Healthy Environment Tips

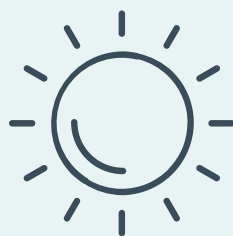
1. Get Out in Nature (but avoid harsh sun)
2. Stop Smoking
3. Plant Trees
4. Grow Your Own Veggies
5. Walk or Cycle instead of Driving
6. Switch to solar or wind power
7. Save Electricity
8. Recycle
9. Upcycle
10. Preserve Water

Sustainable Living Tips



Save Electricity

Reduce energy consumption by installing LED bulbs, reducing heating or altering windows.



Use Renewable Energy

Wherever possible, use renewable energy resources such as solar, wind or moving water.



Reduce Co2

Cycle, walk or bus when you can, shop local, drive less, fly less, to reduce carbon footprint.



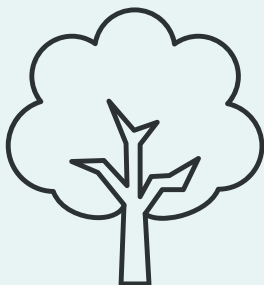
Reduce and Reuse

Recycle, upcycle and re-use anything you can around the house.



Compost

Compost organic waste to add nutrients to your garden soil.



Plant Trees

Plant trees, gardens and flower beds, grow your own vegetables and herbs.



Conserve Water

Save water by taking shorter showers, don't leave taps running.



Reuse Water

Install a grey water system to reuse water from showers, baths, or washing machines.

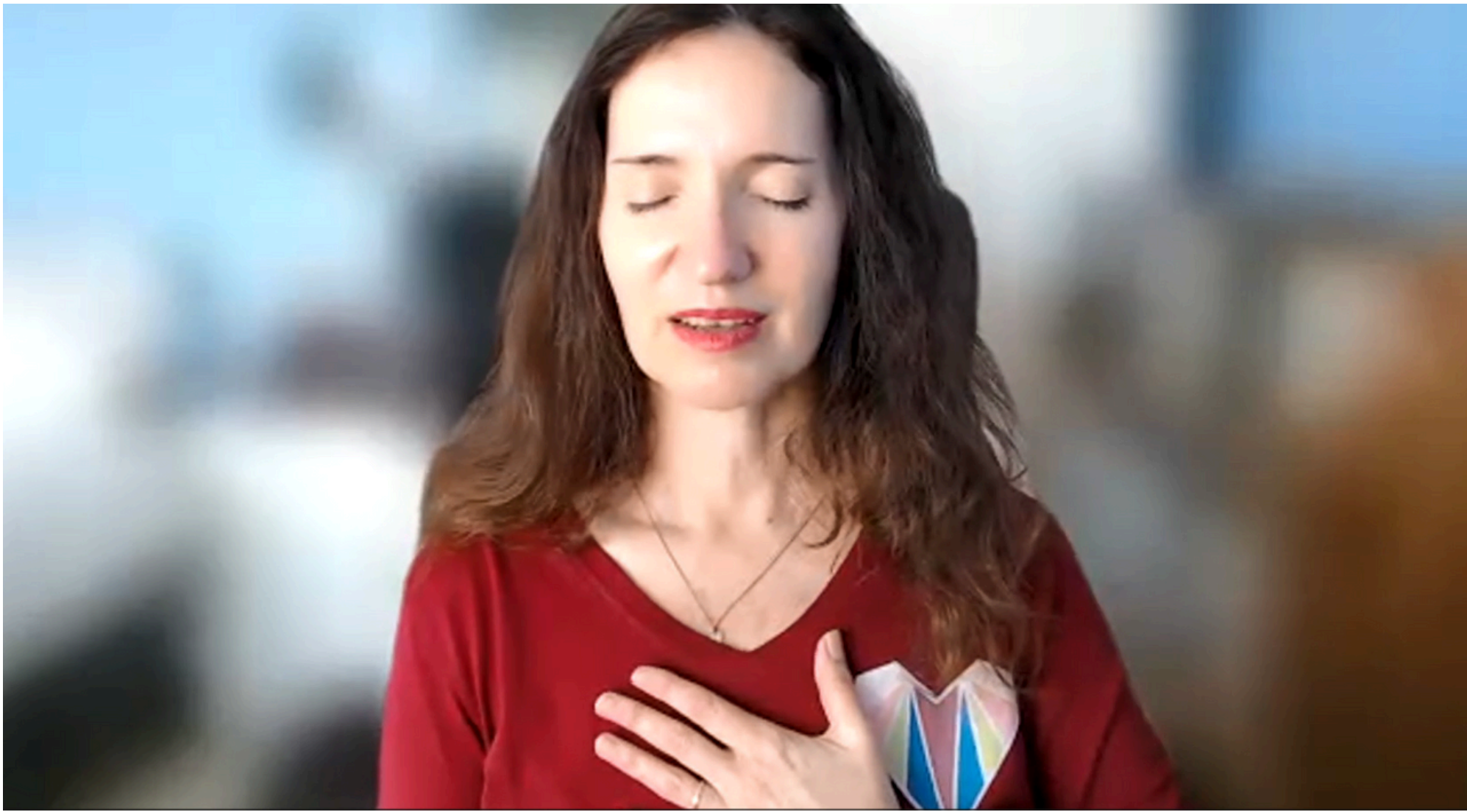


Harvest Rainwater

Collect rainwater or install a borehole or well point for watering plants and lawn.

LAW 7

The Law of Meaning



The Law of Meaning is about finding your purpose or answering the call.

The meaning of life has been debated by scholars and sages for time immemorial.

One sage will say we are here to have fun and be happy, to feel good, or raise our vibration.

Another will say it's to fully express ourselves, to evolve, grow. and learn.

Another will say it's to learn unconditional love and forgiveness.

Another, to leave the world a better place.

Ask yourself the big, deep questions:

WHO AM I?

Why am I here?

Who did I come to serve?

What is the meaning of life?

Listen for the answers and honour your truth.

10 Ways to Serve Humanity

1. Know Yourself - Find Your Gifts
2. Give Your Gifts to the World
3. Love God, Yourself & All Living Beings
4. Be a Loving, Conscious Parent
5. Be Present
6. Be Grateful
7. Be a Good Listener
8. Be Compassionate
9. Pursue Your Dreams
10. Volunteer for Causes You Care About

10 Meaningful Jobs

1. Teacher / Education Director
2. Minister / Clergy
3. Psychologist / Therapist
4. Doctor / Health Care Practitioner
5. Firefighter
6. Occupational / Physical Therapist
7. Veterinarian
8. Surgeon
9. Funeral Director
10. Counsellor / Coach

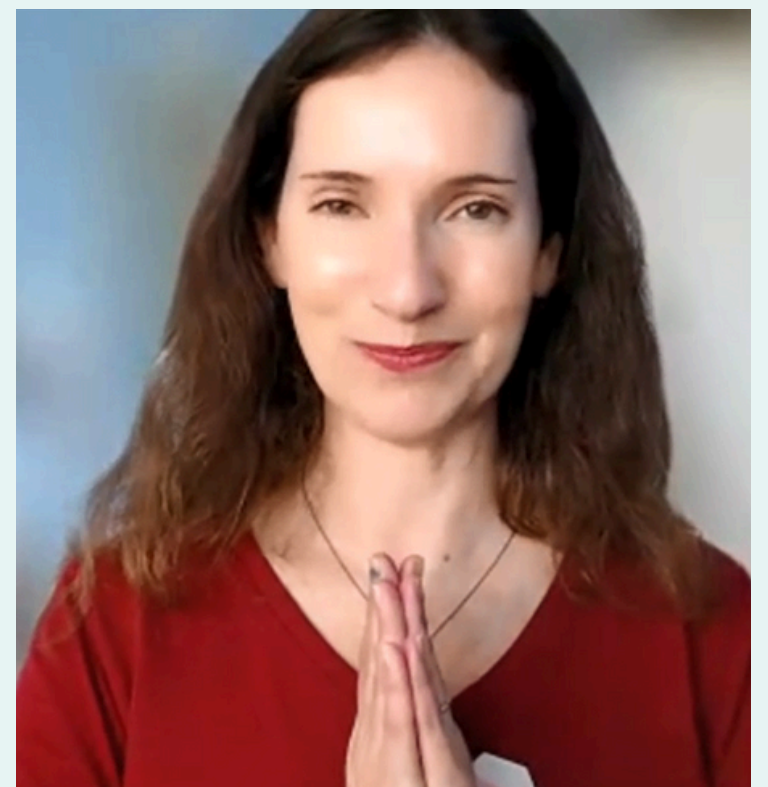
“Those who have
a why to live,
can bear with
almost any how.”

Viktor Frankl

TECHNIQUES THAT WORK

Tips for a Life of Meaning

- ✓ Answer the call - follow your calling or deep yearning
- ✓ Find your purpose with the help of Ikigai
- ✓ Take the [VIA Character Strengths Test](#) to discover your top 5
- ✓ Volunteer for your favourite cause
- ✓ Meditate or pray daily
- ✓ Look within for the answers and trust yourself
- ✓ Go on adventures, travel, explore other places and cultures
- ✓ Become a lifelong learner, grow, evolve, question, expand
- ✓ Read “Man’s Search for Meaning” by Viktor Frankl



The Difference that Makes the Difference

Here's what I've noticed to be true in my life. Perhaps it's also true in yours?

Reading a book is one thing, applying everything we've learned is quite another.

Knowledge is not power. **Applied knowledge is power**, especially when it comes to:

- turning negative self-talk into positive
- developing a growth mindset
- getting clear on your health and wellness targets
- overcoming obstacles holding you back
- creating the plan to move you forward
- practising daily healthy lifestyle habits

This is why you will love Positive Intelligence, a mental fitness program with daily focus exercises to rewire your brain and improve your wellness, performance, and relationships.

If you're keen to GET RESULTS

If you'd like to feel excited and empowered to live life on your terms, to live your BEST life.

If you'd like to live longer, healthier, and happier.

If you'd like to boost Lifespan, Healthspan, Youthspan, Mindspan, and Joyspan.


Book a call with me today.

— *Lauren Kinghorn*

P.S. If you'd like to put these 7 Natural Laws into action, join my free 5-Day Longevity Challenge inside our Reinventors Playground. You'll create your own Longevity Action Plan and start living your longer, healthier, happier life today.



Why Women Love Working with Me



Lauren Kinghorn

From Burnout to Brilliance | Helping Women Over 40 Break Free from People Pleasing and Hyper-Achieving to Reclaim Their Light ✨ Posi...



Julie Etheridge · 1st

Public relations consultant/Content creator

July 14, 2025, Julie was Lauren’s client

All LinkedIn members

On

I recently worked with Lauren on a personal wellness journey which spanned Life Coaching, somatic healing (through Reiki, reflexology & massage), integrative shadow work, EFT tapping and meditation. It was truly a transformative process from a mind, body and soul perspective. Lauren allowed me to set the pace with grace and deep compassion. She was always supportive, incredibly wise and successfully guided me to make some important moves in my professional and personal life. She has a strong understanding of the full range of healing 'tools' which allows her to guide clients from a broad basket of knowledge. I cannot recommend her enough as an intuitive healer, coach and instant friend! Thank you Lauren, it has been a life-changing journey which I've absolutely loved doing with you.



Tatiana Zalan, MA, MBA, PhD · 1st

Business professor | Founder | Author

March 12, 2025, Tatiana was Lauren’s client

All LinkedIn members

On

I took the PQ programme with Lauren, and had a coaching session with her outside the PQ programme. Lauren is easily one of the most positive, upbeat and caring people I've met in my life. She's professional, competent and generous.

I'm also very impressed with her pro bono work for people who go through unbelievably hard times. Lauren truly brings the light to people's lives!!! She has to mine.

Thank you, Lauren!



Lauren Kinghorn

★ 5.0 (99)

Offline • 03:55 PM local time

About Me

Services

Reviews



rosiep0si3

South Africa

★★★★★ 5

• 11 months ago

I frequently been coached by Lauren over the past 3 years. She never ceases to amaze me. Her communication is on point, proactive. She goes above and beyond, she really does & is so reliable. This PQ Coaching Session as always exceeded my expectations. I am a total PQ convert since discovering that PQ is an effective way of furthering the Personal Transformational journey I have been undertaking. Delivered by Lauren has made it such a joy and pleasure to experience. Through PQ I have managed to be less distracted while working, have the means of gaining clarity of choice and thought. What I find attractive about PQ, is just how pragmatic a methodology it is, applicable in every day life & work. Lauren's coaching seals the deal. [See less](#)

Why Women Love Working with Me



Mindful Metamorphosis



Vienie McShane

Top contributor · 23 hours ago · 🌐



Today we finished the 5 day [#longevity](#) challenge led by [Lauren](#). It was an inspiring daily session on zoom which suited me well because I was signing in from Canada (6am my time) 11am South Africa time. I missed the first day but caught up easily because the sessions were recorded.

Lauren is a living example of radiant longevity. Her energy is exuberant and she is knowledgeable about the benefits, gifts and understanding of longevity in the context of body, mind and soul. Her love of life, her faith and her bubbling over positive attitude are magnetic and one can't help but feel a sense that you want to strive for that. In my mind Lauren is the best person to offer coaching to anyone who is looking for healing, a change in mindset, practicing gratitude, self care and self love and even practical daily life coaching. She is wonderful!



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Lauren Kinghorn

Currently launching The 7 Natural Laws of Longevity ☆ How to have fun 'till the end. ☆ Transformation Coach ♥ Energy Healer



Michelle Siepker · 1st



Psychic Channel, Medium, Compassion Key Practitioner, Healer, Spiritual Integration Life Coach and Artist
November 3, 2022, Michelle was Lauren's client

👁 All LinkedIn members

On ☒

Working with Lauren was such a powerful experience. Firstly, she is really present and I feel held and supported. A direct effect of her presence is that of connecting with one's state of joy - this happened fairly quickly... She is like a happy pill without the negative side effects! She helped me to get into the feelings & flow state, and after a coaching session with her I felt positive, encouraged, motivated, and had the desire to take action. Secondly, she lights the way for the how, there is a clear direction to take, and confidence because of this. With her sharp mind and intuition she was really able to help me find the most practical and suitable solutions.



Rose McClement · 1st



Owner, Decorator & Creative Director at Design Monarchy | Retirement Interior Design Specialists | 5-star Hospitality Interior Specialists
July 22, 2022, Rose was Lauren's client

👁 All LinkedIn members

On ☒

Thank you Lauren for being that Transformational Coach that holds a very stable, kind, gentle yet firm space for me during our sessions. As always, the sessions with you just feel so good, powerful, authentic and truthful. I walk away from our sessions with a sense of clarity and stability, knowing that the transition that is being undertaken isn't actually as daunting as it often tends to feel. Knowing that confusion can be dissolved and that a prevailing sense of direction is do-able. Many thanks.

Rose McClement, Owner and Creative Director of Design Monarchy.

Thank You!

laurenkinghorn.com

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<https://www.youtube.com/@laurenkinghorn>



Lauren
Kinghorn