

Kia Aileen

Background:

Setting out on a short adventure, Kia Aileen came to the UK from Philadelphia for one year and 20 years later, she's still calling the UK her home. As a Soul Clarity Coach, Kia uses her knowledge and skills to help new coaches, healers and therapists release long-held trauma, shift their mindsets and reframe empowering beliefs to align with the vision of their souls, ignite their innate gifts and talents while launching abundance-based businesses with ease



As a former lawyer and sales director, Kia understands the pressures that can build when trying to balance the ever-increasing demands of a modern life. Following a period of anxiety, she decided to focus on her own healing and retrained in numerous holistic and spiritual therapies. Seeing the immense benefit to herself and her family, she then launched her own UK-based practice in 2015. Kia combines numerous practices, including Spiritual Counselling, Hypnotherapy, Holistic Life Coaching, Experiential Healing, EFT and Matrix Re-imprinting, Meditation, Reiki Healing, Soul Plan Healing, Soul Transformation Therapy, Shadow Work Therapy and Therapeutic Journaling and is one of only nine Qigong teachers globally to be trained in the Golden Spine Nine movement of Qigong. Along with her private practice, Kia teaches at the world-renowned Holistic Healing College and facilitates retreats and workshops

Coaching Experience

Kia Aileen is a certified Holistic Life Coach, Hypnotherapist, Energy Psychologist and Spiritual Counsellor. She began her practice in 2015 and works with clients both remotely and in-person. While her primary client interaction is 1:1, Kia has hosted retreats and workshops for groups around the themes of Connecting with Your True Life Purpose, Breaking Co-Dependent Patterns with Self-Love and Pathway to Divinity: 30 Days of Surrender. Kia believes that the key to making the transition to an abundant coach, healer or therapist is to uncover the clarity and power that lies within by releasing the energetic barriers gained through trauma, conditioning and long-held beliefs.

By working directly with coaches, healers and therapists, Kia looks to create a ripple of healing and inspiration that will extend around the world. In addition to her international practice, Kia also teaches Life Coaching, Energy Psychology, Counselling for Relationships and Soul Plan Healing at the Holistic Healing College in London

Areas of Expertise:

- Anxiety
- Clarity
- Inner-Child
- Work Life Purpose and Direction
- Low-Self Confidence
- Mind-Chatter
- Motivation
- Overwhelm
- Procrastination
- Self-Doubt
- Shadow Work
- Spiritual Connection
- Stillness
- Stress
- Trauma
- Meditation
- Self-Care

Education & Professional Certification

ACADEMIC

1990 Syracuse University–BS in Communications Management
1998 Temple University School of Law–Juris Doctorate
1999 Temple University School of Law–LL.M in Transnational Law

PROFESSIONAL

2022 Certified Personal Transformation Breakthrough Coach
2020 Certified Experiential Healing Therapist
2019 EFT and Matrix Reimprinting Level III
2019 Soul Plan Therapy-Teacher Qualification
2019 Qigong Teacher
2019 Soul Transformation Therapy Advanced
2017 Reiki Master
2016 Meditation Teacher
2015 Hypnotherapy Advanced
2015 Spiritual Counselling Diploma
2015 Certified Holistic Life Coach
2014 Soul Plan Therapist