

Petrea King

Wellness Educator, Founder & CEO of Quest for Life Foundation

Petrea King is CEO of the Quest for Life Foundation which she established in 1989. She is a well-known author, inspirational keynote speaker, teacher and facilitator. She is also qualified as a naturopath, herbalist, clinical hypnotherapist, yoga and meditation teacher.

In 1983 Petrea was diagnosed with acute myeloid leukemia and was not expected to live. Meditation and the integration of past traumatic experiences, including the recent suicide of her brother Brenden, became paramount in her recovery, much of which was spent in a monastery near Assisi in Italy. She has been meditating since the age of 17.

Petrea has counselled individually or through residential programs and workshops tens of thousands of people living with cancer and other life-challenging illnesses, grief, loss, trauma and tragedy. She is at the forefront of wellness education and is a frequent lecturer at medical and other conferences. Petrea sees crisis as a catalyst for personal growth and understanding and as an opportunity for healing and peace.

More than 125,000 people have attended residential programs or counselling with Petrea and her team since 1985. She also lectures and conducts workshops around Australia and internationally.

Petrea has written 9 best-selling books: *Quest for Life* ~ A handbook for people with life-threatening illness, *Spirited Women* ~ Journeys with Breast Cancer, *Sometimes Hearts Have to Break* ~ 25 inspirational stories of healing and peace, *Your Life Matters* ~ The Power of Living Now; 3 children's books, *You, Me & the Rainbow*, *Rainbow Kids* and *The Rainbow Garden*; and a recipe book, *Food for Life*. The *Your Life Matters* book is also available on a double CD with Petrea narrating and she has produced more than a dozen relaxation and meditation practices on CD, including one for children, *Rainbow Connection*.

Frequently featured in the media, Petrea has been a regular guest on ABC Radio Sydney for almost 20 years - on Richard Glover's Mid-Week Conference and Nightlife. In 2003 she was celebrated on Channel 9's This Is Your Life and has been featured on Australian Story, Compass and many other television productions. An acclaimed documentary was jointly commissioned by Channel 4 (UK) and the ABC called *Quest for Life - A Year in the Life of Petrea King* in 1990.



Petrea has received the Advance Australia Award, Citizen of the Year and the Centenary Medal for her contribution to the community and has been nominated for Australian of the year each year since 2003 as well as being a NSW finalist for Senior Australian of the Year in 2011.

Petrea King talks about:

Petrea's Peace of Mind - The Four C's Workshop examines how achieving inner peace is not a passive wishy-washy state of acceptance, but a dynamic state in which individuals feel fully alive and able to embrace each new moment, regardless of how challenging it might be.

[VIEW SPEAKER'S BIO ONLINE !\[\]\(0f848bbd71cef6b345273b16f905912a_img.jpg\)](#)