

# LEVELLING UP WITH Laura



Laura Henshaw is hitting the ground running in 2023. That's why, as the wellbeing entrepreneur tells us, it's more vital than ever to keep her cup full. Ready to do the same?

By Alex Davies  
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Jaggad top; Bondi Born bikini bottoms; Bvlgari earrings (worn throughout); Coros Pace 2 Premium GPS Watch (worn throughout) from Up There Athletics





**When she's not dialling into an interview with *WH* at 6pm, Laura Henshaw's evening routine can go one of two ways. Most of the time, she aims to switch off from work two hours before bed, accompanied by a peppermint tea and a good fiction book.**



**Arnsdorf top; Jaggad bike shorts; adidas Ultraboost 22 sneakers**

The 30-year-old might also do a guided sleep meditation from health and fitness platform KIC – which she co-founded with best friend Stephanie Miller in 2016 and became CEO of in 2021 – if it's been a hectic day. Then, there's the other side of the pillow. The one in which you'll find Laura scrolling TikTok, fielding the odd email and watching videos of golden retrievers

(she and husband Dalton have two) in bed. "Dalton calls them 'serotonin-boosting' videos," Laura says, laughing. Sure, she knows the first approach is probably more conducive to a good night's kip, but she's also all about easing the self-pressure to do things perfectly all of the time. It's an outlook that extends to her wellbeing approach as much as her work at the helm

**Jaggad bikini top; Moncler jacket**





**“Running, for me, is a form of meditation. My mind is clearer, I can focus better and I have more energy when I’ve moved my body”**

of KIC, which saw her named a finalist in 2022’s Women Leading Tech Awards. Besides, there’s always tomorrow for that novel on her bedside table. As we head into 2023, Laura – also now a qualified PT – shares what she’s learned about the magic of movement, looking after her mental health, navigating leadership and rethinking New Year’s resolutions.

## Play the Fitness Field

“My biggest [wellbeing] non-negotiable is moving my body, maybe about five times a week. Running, for me, is a form of meditation. If I have a stressful day ahead, a big meeting or something that I’m feeling a little anxious or uneasy about, I go for a run, listen to a podcast and I feel so much better when I come back. My mind is clearer, I can focus better and I have more energy when I’ve moved. I mix it up – doing some Pilates and strength training really helps to strengthen my glutes and core, so I don’t get injured from running. Most of my runs are outside, but I sometimes run on the treadmill. We’ve just launched our guided Treadmill Masterclasses on KIC, which I actually [coach] – they include interval training, sprinting and hills, and are developed with an incredible physio company from Melbourne. A lot of people say treadmill running is boring, so I wanted to make it interesting!”

## Think ‘Reflection’ Over ‘Resolution’

“When it comes to resolutions and goal setting, I think what’s important is to give yourself space and permission to set them or *not* set them. If it doesn’t come naturally

or feel comfortable, that’s OK and you can find another time to set them. Or maybe they don’t work for you, and that’s OK too. We don’t all have to work the same way and set the same goals at the same time of the year.

Up until 2020, I set goals every single year, but then 2020 and 2021 were hard for me mentally and I didn’t have that same clarity. I tried to force myself to [set goals] and it made me feel worse, because I couldn’t think of things and I just didn’t feel like I wanted to. [So now] I think more about reflection – I’ll reflect on the year... what I’ve

### SPRINT SESSION

**Workout soundtrack:**  
“I love a Beyoncé playlist.”

**Energy snack:**  
“Bliss balls or my favourite smoothie – chocolate protein powder, cacao, almond milk, frozen banana and almond butter.”

**Bonus trivia:**  
“I used to be a DJ, for about a year when I was 18.”

**Dream day off:**  
“A run in the sunshine, then breakfast with Dalton and our dogs. I’d go to the beach and read my book, then go dancing for five hours with my friends.”

learned and where I want to push and challenge myself in the [future]. For me, it’s getting away from my screen and doing more things that prevent me from burning out – more reading, more cooking, spending time with friends and family, and being present. So that my cup is full as opposed to trying to run on empty all the time. There’s also so much to learn in my role at KIC – the more I can learn, the better – so I’d love to continue developing my leadership.”

## Put Yourself Back Out There

“[During the pandemic] I had days where I felt so sad, down and demotivated. I’m very anxious – which has been better actually since we’ve come out of [lockdowns] – and I put a lot of my value on how I make other people feel. So, I was putting pressure on myself to do that and I just felt like I was failing. That really affected my confidence.

What I’ve learned, with confidence especially, is to put myself back out there – to try something and realise that it’s fine and not let one experience define my future experience. We’ll maybe have one bad exam, one bad interview, one bad run... and we think, ‘I’m not going to try and get another job because I’m bad at interviews.’ But that’s not what it is – we can learn from it and go onto the next one. The past does not define what we are capable of and can do in the future. I had to push myself, but once I got back out there, it helped so much. Even now, it doesn’t mean my motivation and confidence don’t go down or I don’t have days where I feel sad. But there are less of them now, which is nice. I find personal connection energising, too, so being back in the office with

our team and being able to go out for dinner on a Friday night and not do it on Zoom... I appreciate those things more now.”

## Reframe Imposter Syndrome

“The biggest challenge as a young, female leader is managing imposter syndrome and realising I’m not going to have all the answers. If it was up to me, I would pause the world and do a 10-year accelerated degree in all the things I need to know to run a business. But I’ve learned that I need to put less pressure on myself. As a leader,



Bondi Born bikini top; Jaggad top (around waist) and tights; Reebok Zig Kinetica II sneakers





Bondi Born bikini top

I have to be confident, decisive and clear – those things are hard if you let imposter syndrome or self-doubt, as we often do as women, cripple you or take over what you're doing.

Imposter syndrome often comes when we push ourselves out of our comfort zone. And those are the times that I feel the most fulfilled and so proud of myself – if I didn't push myself, I'd still be the same person I was when I was 18. Our path is going to change, depending on what opportunities we take or

don't take. That's such a beautiful thing, so I'm trying to embrace that a little bit more. I'm also reminding myself that it's OK for imposter syndrome to be there. It's there to try and keep me 'safe'. But every time it comes up, I remind the separate imposter syndrome [inner] voice: 'Thank you for showing up, but you don't know what's best for me and I do. I understand your worries, but I'm going to move forward from here and I'm going to believe that I can do it'.

A reason I'm able to do my job and feel empowered in it is because of my business partner Steph – my best friend and someone who backs me a hundred million per cent. When you share the lows together, they're divided. And when you share the highs together, they're doubled. There is no KIC without our wonderful team and our community."

### Trust Your Gut and Move Forward

"I once read that we make thousands of decisions a day. It's a lot; no wonder we have decision fatigue! [When it comes to] decisions within the business – and I suppose also personally – I like to talk to people and gather as much information as possible, but you have to balance that. Be cautious with how much feedback you're getting and ensuring you don't have a thousand opinions. One of our amazing advisors at KIC says, 'You don't make a decision by committee'. You need to have the right people there and have support – that's very important, because it helps you feel more confident – but then you need to make your decisions and make them fast. Letting go of, 'What if we chose the other option?' helps too. With all big decisions in life, we are never 100 per cent sure – so just back your choice and move forward... because you'll make it work. It's the same with uncomfortable conversations. The longer you avoid it, the more you build it up in your mind and it consumes so much of our emotional selves, which is exhausting. Then you have the conversation and think, 'Why didn't I [do this] earlier?'" **WH**



## HIT THE TREDDY



You can also watch Laura demo this workout on our YouTube channel.

This 20-minute Rolling Hill Intervals workout from KIC's Treadmill program is all about hills. You'll be working at varying inclines while maintaining a consistent pace throughout. In total you'll conquer three hills at a moderate pace, but feel free to slow or even stop and walk during intervals as you need to.

**WARM UP:** Put your incline on 1 per cent.

Walk for 30 secs. Dial the speed right down; do 10 x

walking calf raises, 10 x walking heel strikes, 10 x walking high knees, 10 x walking butt kicks. Then move into a brisk walk.

- 1** Start with 1 min comfortable running pace at 4 per cent incline (if you're walking, set your incline to 6 per cent).
- 2** Move into 1 min comfortable pace and increase your incline to 5 per cent (if you're walking, set your incline to 7 per cent).
- 3** Move into another 1 min comfortable pace and up your incline to 6 per cent (if you're walking, set your incline to 8 per cent).
- 4** Move into another 1 min of comfortable pace and decrease your incline slightly to 5 per cent.
- 5** Drop your incline down to 3 per cent and bring that pace down to a walk for 1 min.

**REPEAT THREE TIMES**, then enjoy a 3-min cool down at 1 per cent incline. Smashed it!

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