

BALANCE

EXPERT ADVICE

MIND SHIFTS



MEGAN DIPIERO PHOTOGRAPHY

LIFE COACH SUE CAMPANELLA CREATED LEGACY REWRITE JOURNEY TO HELP IMPROVE LIVES.

» Throughout her career as a life coach, Sue Campanella, founder of **Transformations Life Coaching and Healing** in Naples, noticed some of her clients reverting to previous behavioral patterns, such as returning to specific past anxieties. Seeking to help

her clients break their cycles and achieve lasting change, she recently created a six-month coaching program called **Legacy Rewrite Journey**. “What I really want for my clients is [for them] to make a six-



month commitment so that it becomes [part of] their lifestyle, and then they have the tools ... and they have the habit[s] and patterns in place to keep them at that point,” she notes.

The program features Campanella’s **Soul Mirror Method**, her own coaching methodology that helps clients identify inner voices that aren’t authentically their own. With beliefs from parents, teachers, and others potentially shaping individuals for decades, it’s “really shedding what’s not ours so we can step into whom we were born to be,” Campanella says. Despite the program being new, Campanella says clients have already seen benefits, including one of her long-term clients reporting a shift only a few days after starting the program.

In addition to the twice-monthly coaching calls, **Legacy Rewrite Journey**

involves around 10 to 15 minutes of daily reflection using a provided workbook. Campanella recommends the program for women, especially those over age 40, who want to take the next step toward more deeply understanding themselves and their purpose. “You think you’ve stopped a pattern ... and then suddenly someone will say something or you’ll get into a situation and you revert, and that mind chatter comes back in. You beat yourself up; you don’t think you’re good enough—whatever is looping in your head,” Campanella says. By learning and applying tools and establishing new habits through the program, “emotional balance comes in, and when you have that, that brings clarity. When you have clarity, you can get through anything.” (*suecampanella.com*) —E.K.

COMMUNITY

CARING through Closets

Local nonprofit **STARability Foundation** supports people with intellectual and developmental disabilities in the community—and one business recently gave back in turn. Inspired Closets SWFL and its owners, H.L. and Kerry Burkley—whose son benefits from STARability’s programs, started a campaign called **Closets for a Cause**, which contributes funds to STARability. After donating 5 percent of proceeds from projects between February and April of this year, **Closets for a Cause** raised more than \$200,000. “For a family to show their appreciation in such a generous, meaningful way really has a tremendous impact on STARability and all that we’re trying to do to accomplish our mission,” says

Karen Govern, CEO of STARability Foundation. Govern explains that the funds will support STARability’s new **Golisano Program Center**. Estimated to open in spring 2027, the new campus will centralize the organization’s services and expand its programs, which include career development opportunities, recreational activities, educational resources, and more. “Every contribution, every level of support, gets us that much closer,” Govern notes. “We’re very grateful.” (*starability.org*) —E.K.



LEMEC BERNARD

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