

# Karen Cappello

## Personal Bio

### What a Life!

**I live in Tucson, Arizona, in the foothills of the Santa Catalina mountains.** After growing up in the midwest, I love the warmth and the casual atmosphere in the southwest -- I feel like I am on a perpetual vacation!

**I was raised in the suburbs of Chicago,** in a Catholic family of Italian heritage. I am the oldest of six children, and the first person on either side of the family to get a Bachelor's and Master's degree.



8<sup>th</sup> grade graduation

**Personal favorites:** spa days, mojitos, watsu (water shiatsu), spa days, the movie "Truly, Madly, Deeply," lobster on the beach, the latest self-development book, warm weather, did I mention spa days



Spa day with the Inspired Mastery team

### Beyond Rose Colored Glasses

**I have an outgoing personality and I am a very positive person.** I see the glass not as half-empty or full, but as overflowing.

**I have an unwavering belief in the infinite resourcefulness of each individual,** and I truly believe that whatever question anyone can think of to ask, that they have the answer already within them.

**I also have an uncanny ability to speak the truth in a powerful way** so that others can hear it clearly and take action on it.

**It has been and continues to be my deep privilege to coach**