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HOLISTIC HEALTH
COACH

LEADERSHIP

Creator of BugHubTV,
Author

Keynote Speaker

ROCHELLE FORREST HANKINS



KEYNOTE SPEAKER

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Choose Action, Choose Life, Choose You

As a nurse by trade and a teacher/healer by nature, my vision is to create a world where everyone thrives—mind, body, and spirit. I envision a community where individuals are empowered, healthy, and connected, each contributing their unique gifts. I believe that when we nurture our mental, physical, and spiritual well-being, we can build a society that truly works for all.

My mission is to help others release the old stories that no longer serve them. I have a gift for guiding people in reflecting on the thoughts they've held onto, allowing them to recognize patterns that may be holding them back. Together, we reframe their pain into power, transforming old thought patterns into opportunities for growth. By renewing their perspectives, I assist them in uncovering their true purpose, igniting a sense of fulfillment and direction.

I am committed to creating a safe, supportive space where individuals can explore their inner narratives and rewrite their stories. I envision workshops and community gatherings where we can share our experiences, learn from one another, and collectively embrace our journeys. As each person steps into their purpose, they not only enhance their own lives but inspire others to do the same.

In this way, we create a ripple effect, fostering a culture of purpose-driven living. I see a world where each of us, empowered by our unique gifts and experiences, contributes to a collective vision of health and well-being. Together, we can manifest a reality that reflects our highest potential, inspiring future generations to embrace their own paths with courage and authenticity.



As a little girl, I sat on the steps of my home, listening to my parents fight. My dad struggled with alcoholism, and my mom faced her own safety issues. In those turbulent moments, I remember thinking of positive ways to help my family. Even then, I felt a deep desire to create harmony, to be the light in our chaotic world.

Eventually, I grew up to become a nurse, a profession rooted in care and compassion. However, my personal life was far from perfect. I married two abusive men, each relationship teaching me painful lessons. Yet, through this adversity, I learned the power of reframing my thoughts. I realized that while I couldn't control my circumstances, I could master my mindset. I harnessed my pain as a catalyst for growth, transforming my suffering into strength.

Finding my voice and reclaiming my power became my mission. I made a conscious choice not to live in the shadows of my past or settle for a life of leftovers. I had two small sons, and I wanted better for them. I wanted them to make healthier choices than I had. In raising them, I witnessed a beautiful transformation; I raised two doctors—not by profession, but by calling. They are lovers of life, fueled by passion and purpose. Together, we learned to be master re-framers, turning our challenges into stepping stones toward our dreams.

Fast forward twenty years, and I faced a new battle: an aggressive breast cancer diagnosis. Instead of accepting the oncologist's grim prognosis as a death sentence, I chose to transform that pain into power once more. I reflected on the information shared with me, but I also remained a witness to my experience. I allowed myself to feel the full spectrum of my emotions, acknowledging my fear and uncertainty. In doing so, I found the courage to forge an integrated path of healing.

Throughout this journey, I felt blessed by my resilience. Life had not unfolded as I expected, but it had prepared me perfectly for where I was meant to be. I learned that we all have the capacity to gain power through our pain. Life is full of unexpected turns that we cannot predict, yet we can leverage our experiences if we take the time to reflect, reframe, and renew our spiritual selves.

I believe in the healing triad of mind, body, and spirit. It is through this holistic approach that we can craft our life map, living intentionally rather than by default. I have become a master teacher in helping others step out of their drama and trauma to discover their true purpose.