

How I Got Here



BY NANCY JO CAMPBELL, LMT

The path of a massage therapist's journey is a winding one with lots of stops along the way. My story is no different. I just love telling my clients how I got here, because it's really cool. Geographically,

I was born in New York, raised in North Carolina and now at 52, I find myself in Hawaii. My work history included child-care, restaurants, commercial printing, free-lance artistry, and marketing for telecom, construction and civil engineering firms. Kind of crazy and all over the place, but with more time and snacks, my whole story would make perfect sense to you.

When I turned 39, I looked in the mirror and wondered how I got here and where the heck was I going? At 31, I had simply followed the money in order to keep a roof over my head, implementing my creative skills in all that I did. But something was missing—passion. My reflection told me I was too old to learn anything new, but deep down I knew an exciting path was about to reveal itself. It was like a sign. So, I did some research. When I visited The Body Therapy Institute (BTI), it knocked me off my feet and I signed up immediately. It reminded me of my undergraduate school: Warren Wilson College (a liberal arts school in the mountains of NC where I studied Fine Arts, Business and Psychology). I started to meet therapists randomly, and incorporated massage into my life discovering all its health benefits. Being a beginner again and learning was so fulfilling. I loved everything the program offered and later became a team teacher to pay it forward.

The next thing I knew I was licensed and working in a profession so different than anything else I'd ever done and making a difference! All the skills I had acquired in life came with me—as if to push me to this point—probably sooner had I listened. Once the ball got rolling, originally part-time

out of my home, then with a group practice, I found my passion and my authentic self. Soon after my now husband walked into my life.

Fast forward 10 years and the opportunity for my husband to take a job on Oahu came up. At first I was hesitant to move from my now very established and successful practice, my teaching job at BTI, my family and friends. Then I thought, when does someone have a chance to live in Hawaii?! We made the commitment to move in 2015. We really resonated with the windward side and found ourselves coming to the beaches of Kailua and Waimanalo nearly every day. I returned to North Carolina after two weeks to finish up loose ends.

One day, I got a call from a gentleman in Kaneohe and he said he wanted me to contact him when I got on island because his family was looking for a massage therapist. Wow! Turns out his daughter was a therapist in North Carolina and knew a mutual friend. **Talk about serendipity!** After a few emails, he managed to be a valuable resource and helped us find the perfect rental opportunity in Kailua. Every day it seemed like destiny that Hawaii was to be our new home.

I managed to apply and test for licensure while still in North Carolina, and on October 3, 2015, I flew to Oahu, and hit the ground running—a Licensed Massage Therapist! By November I was at both Kailua Wellness Center and Kailua Massage Therapy toggling between the two on Uluniu Street, and bringing my medical massage therapy skills to Kailua. As fate would have it, I was offered the opportunity to purchase Kailua Massage Therapy and by the end of April 2016 I had a new business to run. Amazing what a year in your life can bring.

Since being on island I have enjoyed snorkeling, swimming, hiking, kayaking and motorcycling around this great state and more importantly providing expert massage therapy services to the local community (and its visitors).

Since 2004, I can claim I love what I do; and have found my passion. Each continuing education class I take (hundreds of hours) I fall in love all over again and am proud at what I have accomplished and honored to bring this experience to the table for my clients. I don't call myself a healer. I consider myself more of a facilitator. **Your body likes being in balance**, I just help give a little nudge in the right direction so that the mind and body can reconnect and help your body heal itself. At Kailua Massage, I am surrounded by eight other talented and educated therapists who have been around the proverbial block enough that our sessions are integrated and custom built for each client.

I love to learn and get the opportunity to do so every day from classes, or clients and colleagues. My path, though it has been a little unconventional and totally serendipitous, has been a journey worth walking. Thank you for listening to my story and I look forward to hearing yours . . . **on my table.**

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