

# Influential Women Features Pearl Chiarenza: Life Coach, Speaker, Author, and Founder of Women's Successful Living

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Empowering Women to Reclaim Identity, Set Boundaries, and Live as Strong, Happy, Empowered, Radiant, and Original (SHERO) Leaders

Riverview, Florida — Pearl Chiarenza is a life coach, speaker, author, and Founder of Women's Successful Living, where she is dedicated to helping women reclaim their voice, establish healthy boundaries, and live with confidence, clarity, and purpose. Known as the "Say YES to Your Life Coach," she is the creator of the SHERO Method™, a transformational framework designed to help women break free from patterns of people-



pleasing, guilt, overextension, and burnout. Through her work, Pearl guides women to become Strong, Happy, Empowered, Radiant, and Original—supporting them in prioritizing themselves without apology and building lives that feel aligned, intentional, and fulfilling.

Pearl's work is grounded in both professional expertise and deeply personal transformation. After years of defining herself through roles such as wife, mother, and caregiver, she realized she had lost connection with her individual identity beyond those responsibilities. During an identity and destiny course, she was unable to answer the question of who she was without listing her roles, a moment that became a turning point in her personal growth journey. Recognizing long-standing patterns of overachievement and people-pleasing, Pearl began doing the inner work that would later shape her coaching philosophy. A simple but powerful practice—placing a rock in her pocket as a reminder that she was allowed to say "no"—became symbolic of her transformation. As she began setting boundaries without guilt, she experienced profound changes in her life, including improved emotional well-being, better rest, and a renewed sense of

self that others began to notice as her “radiant glow-up.”

For more than a decade, Pearl has supported women navigating stress, overwhelm, and identity loss, including professionals, entrepreneurs, caregivers, and leaders. Through coaching, workshops, retreats, and speaking engagements, she has helped women reconnect with themselves and build healthier, more sustainable ways of living and leading. She is the host of the annual Soulful Self-Care PJ Retreat, a transformative weekend experience focused on reflection, renewal, and restoration, which will celebrate its 10th year in September 2026. She is also launching the Say Yes to You and Your Business Summit, a one-day event designed for high-achieving women seeking success without sacrificing well-being or balance.

Pearl attributes her success primarily to her faith, which she describes as the foundation of her strength and direction. She also credits her husband as a consistent source of support, noting they have shared more than 40 years. Her belief in trusting the process and recognizing that life follows a greater plan continues to guide her through both personal and professional seasons.

Her journey is also shaped by profound personal loss. Nearly four years ago, Pearl lost her oldest son in a tragic car accident. In the days before his passing, he expressed pride in her growth, a moment she continues to hold close as a source of strength. She draws on that memory as she lives out what she calls her SHERO identity, committed to honoring his belief in her by continuing to help other women transform their lives. She considers this connection one of the most meaningful influences in her ongoing mission.

The best career advice Pearl has received came from her former supervisor during her time in the mortgage industry. While working as a loan processor and eight months pregnant, she was unexpectedly moved into a new role after several loan officers left the organization. Initially uncertain and self-doubting, she feared others would not want to work with her in that stage of life. However, she was encouraged to step forward into the opportunity despite her hesitation. That experience taught her that growth often requires stepping outside of comfort zones before feeling fully prepared, and that transformation happens through action rather than certainty.

Pearl encourages young women entering her field to prioritize themselves and embrace the philosophy of giving from the overflow. She emphasizes the importance of identifying personal goals and ensuring they are nurtured first, rather than constantly giving to others without replenishment. She believes that life is not guaranteed and encourages women to be intentional about the legacy they are creating. For Pearl, learning to say no is not an act of rejection but an act of self-respect, clarity, and empowerment. She teaches that boundaries are essential to living a fulfilled and purposeful life.

She identifies one of the most significant challenges in the personal development space as helping women break free from societal expectations that encourage constant self-sacrifice. Many women, she notes, experience burnout and identity loss after years of prioritizing others. At the same time, she sees a powerful opportunity in the growing movement toward women’s

empowerment, leadership development, and self-care, as more women actively seek guidance to build balanced and purpose-driven lives.

Faith remains the cornerstone of Pearl's values, guiding both her personal and professional life. She also places deep importance on her marriage and family, especially in the wake of profound grief, and credits her husband's support as a stabilizing force throughout her journey. Authenticity, trust in life's process, and living in alignment with one's true identity are central to her philosophy. She also values community connection, reflected in her beach-based retreats and her long-standing work organizing cultural exchange programs that bring French students to the Tampa Bay area each summer, fostering connection and shared growth.

Looking ahead, Pearl continues to expand her mission through retreats, coaching programs, and collaborative experiences with professionals in financial planning and women's wellness. Across all her work, she remains committed to one guiding message: helping women finally learn how to say yes to themselves.

Learn More about Pearl Chiarenza:

Through her Influential Women profile, <https://influentialwomen.com/connect/Pearl-Chiarenza> or through her website, <https://wsliving.com/>

## Influential Women

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