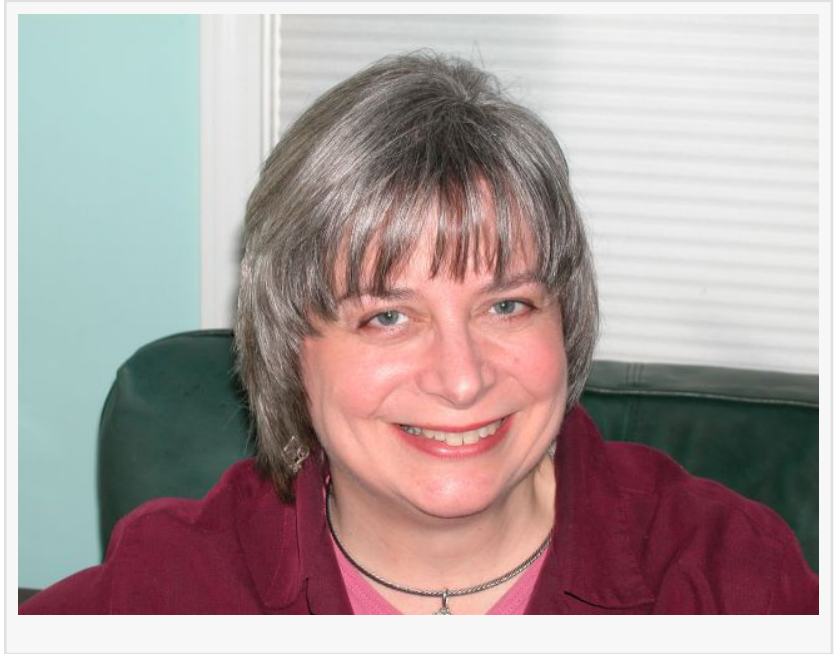


Denise Holloway of Life Unltd. to be Featured on Close-Up Talk Radio

CUMMING, GEORGIA, USA, October 17, 2014 /EINPresswire.com/ -- It's natural for teenagers to push their boundaries. It's a time in their lives when they're becoming more and more independent and they're treated like they're not independent. Teens need to assert this independence while parents need to assert their authority. It can be a struggle.

Denise Holloway is a [Certified Professional Coach](#) and the founder of [Life Unltd.](#), a coaching practice that specializes in teens and parents of teens, taking them from fear and frustration to joy and appreciation.



"I truly believe that the limits we see, feel and believe are self-imposed," says Holloway. "That's the unlimited part. I love helping others break through those limits. What is it that you really want and what does that look like? I get the biggest charge from working with people who are confused and overwhelmed. By the end of the conversation, you can feel them shift."

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Holloway developed a passion for coaching teenagers following her experience with her son, a junior in high school at the time who simply would not wake up to go to school. Every morning they would go through this same process: she would tell him to wake up; within half an hour, a fight would ensue.

"One day we had one of our usual mornings," recalls Holloway. "I went back to the reading I was doing for the coaching program, a book called *The Mastery of Love* by Don Miquel Ruiz. I opened it to where I had left off and it was a

discussion of fear versus unconditional love. I realized every word out of my mouth with my son had been about fear. At that point I decided to step back and come from a place of love and not fear.

"That's always been behind the interest of being involved more with teenagers," says Holloway. "I just had a lot of sympathy and empathy for parents and teenagers because it is a tough time for them. A lot of people don't want to understand them. They don't give teenagers enough credit for who they are so it's a passion of mine to help them."

But Life Untld. isn't limited to just teenagers. Holloway also works with women business owners.

"As business owners women wear a lot of hats," says Holloway. "You can get overwhelmed very easily and it's hard to see the forest for the trees. How do you put things in perspective so you can have a life that makes sense and has peace to it?"

Holloway says the basic tool for business owners as well as parents is "stopping."

"Nothing is being accomplished by conflict. It's just emotions going back and forth. When you react, you're in survival mode, you're not necessarily thinking about the consequences. If you can stop and take a breath it will change everything."

Close-Up Talk Radio will feature Denise Holloway in an interview with Doug Llewelyn on October 21st at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Denise Holloway, visit <http://lifeunltd.coachesconsole.com/>

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