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## *Life Coaching Opportunity Knocks at Bella ADHD Coaching*

SAINT JOSEPH , MICHIGAN , UNITED STATES , March 13, 2017 /EINPresswire.com/ -- Saint Joseph, MI (March 13, 2017): BellaADHDcoaching.com, the leading [ADHD Coaching](#) service in southwest Michigan announced today it would be expanding services to include [Life Coaching](#).

Life Coaching is a profession that helps individuals reach a goal or make a change in their life and start taking action in the areas of their life they wish to change. A life coach guides clients through the process by identifying and building on their strengths as well as by asking questions that help them evaluate and decide which steps to take in order to make an important change. The aim of Life Coaching is to help people achieve the highest level of happiness or success, regardless of whether they are experiencing any problems or difficulties or not.

Loretta Holmes, founder of Bella ADHD Coaching said, "Here at Bella, the goal of life coaching is to help clients reach their goal in the most efficient, effective and rewarding way possible. We take clients through the achievement process from the beginning to the end, from the planning stage all the way through the execution stage. We are the source of motivation and inspiration that gives clients the push they need to reach their full potential."

At Bella ADHD & Life Coaching, the life coach will focus mostly on the client's future, rather than dealing with the past. Loretta continues, "life coaching focuses on solutions that get clients from point A to point B. We focus on helping clients find new ways of acting and thinking that will help them reach their goals."

Bella Life Coaching uses NLP - Neurolinguistic Programming techniques to eliminate undesirable thinking patterns that cause challenges in their life and limit their success and happiness. NLP is very successful as it helps deal with the subconscious. Bella Life Coaches teach clients to use NLP techniques on themselves and those around them to make it easy for clients to apply them whenever they feel their conscious and subconscious are not in sync.

### DELIVERY OF LIFE COACHING SERVICES

Clients have the option to choose how they would like to be coached.

**Face to face, one-on-one Life Coaching** – Clients will meet their life coach for a close and personal life coaching service. During each session, the life coach will present a new skill and work clients through exercises and activities answering all their questions as they go along. Sessions are delivered face-to-face at a quiet office in Saint Joseph, Michigan. This is the best option if you want to get the best, faster and longest lasting results.

**Life Coaching on the Phone or Skype** - Clients will "meet" their life coach via their telephone or their computer, using a microphone and a webcam. The life coach will email clients each session before hand and ask to have the session open on the computer or printed to follow along. The coach will call the client on the phone or through the computer and walk through the session material and activities. For this option clients will need a phone number anywhere around the world or download Skype (Free) on the computer. This is the best option if clients reside outside of southwest Michigan or

northern Indiana.

#### ABOUT LORETTA HOLMES, MA CMHWC

Having ADHD myself, I engineered my own road to success. I hold a Bachelor's degree in Elementary Education and Special Education with specialization in Cognitive Impairments, and I earned a Master's Degree in Education with an emphasis in Technology from Western Michigan University. I hold dual certifications in ADHD Coaching and Expert Level Life Coaching. In addition, I have specific training in Parent Coaching with families whose child has a diagnosis of ADHD. I have a solid understanding of human development theory and use the application of a student-centered approach in advising, mentoring, and coaching clients.

Loretta Holmes has an active private practice in Saint Joseph, Michigan 49085.

#### CONTACT INFORMATION

To learn more about Life and ADHD Coaching at Bella ADHD & Life Coaching or to schedule a FREE Life or ADHD coaching session, contact Loretta Holmes at (269) 944-9842 or email, [loretta@bellaeducationalservices.com](mailto:loretta@bellaeducationalservices.com) or visit [www.bellaADHDcoaching.com](http://www.bellaADHDcoaching.com)

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