

# Life Coach Holly Davis to be Featured on CUTV News Radio

LAS VEGAS, NEVADA, UNITED STATES, April 16, 2018

/EINPresswire.com/ -- All of us have personal issues we struggle with. We all could benefit someone who is neutral, friendly, loving, caring, to talk to, to process and reveal the solutions that seem so elusive to us. With the help of a life coach, you can learn what your issues are and what you need to heal them. Now let's do it.

Life coach Holly Davis believes in elevating people.

"Coaching is about investing in yourself," says Davis. "Something magical happens when you start investing in yourself. Things truly begin to change."

Though she holds a master's degree in mental health counseling, Davis transitioned to coaching because it's more empowering, not just for her clients, but for herself as well.



"Ultimately, psychology is about healing the soul," says Holly. "I transitioned from therapist to life coach because I didn't want to use the same modalities that were not working. Life coaching is more accessible to people. We focus on the positive, not the negative, and my clients teach me just as much I teach them. It's this beautiful symbiotic relationship."

"I want to improve myself and my life so that my kids will be better, so that my friends will be better, and certainly so that my clients are better. I want to collaborate with like-minded people that elevate me as much as I elevate them."

With the help of Holly Davis, you can finally stop and smell the roses, taste the bubble gum and chase the butterflies. Life coaching is based on the principle that you know what you need today to heal you.

"It's about empowering people," says Davis. "My approach is all about how to be sane, healthy and happy."

So how do we keep a healthy mind? Davis utilizes a holistic approach that incorporates a good diet,

exercise, plenty of water, plenty of sleep, self-care. If we can take care of our mind, then we can take care of everything else.

"We spend so much time doubting ourselves," says Davis. "Everyone is under a lot of pressure. Every morning I have rituals that I do to get my head in the game and my direction correct for the day. What I have found is breathing through those moments allowed me to realize I am capable of so much more. If we can learn to be quiet, the answers will reveal themselves."

CUTV News Radio will feature Holly Davis in an interview with Doug Llewelyn on April 18th at 2pm EDT and with Jim Masters on April 25th at 2pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Holly Davis, visit <https://www.lifecoachholly.com>

Lou Ceparano  
CUTV News  
(631) 850-3314  
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

