



## About Me:

### Dr. Hollie

**Ramona Hollie-Major, EdD,  
MBA, Certified Coach**

Dr. Hollie has been coaching and mentoring young adults and college students for over a decade. She holds a coaching certificate from Life Coach Institute. She has extensive experience in college administration, admissions and advising. As a senior executive, she coached and mentored both entry and management level staff. Her doctoral studies focused on college preparation and first generation college students. Her consulting specialties include: young adult transitions, leadership and volunteer development, college preparation and college success coaching.

**Life Coaching...**  
Provides an effective life map for personal and/or professional success

Working together, you'll discover what works best for you so that you can set goals and make real and sustainable choices that support you in living a healthy, and balanced life. Live Your Life!

#### **Coaching:**

- One-on-One
  - Phone
  - Skype
  - Email
  - In-person (limited)
- Group
- Workshop/Seminars

Call for more information and to schedule complimentary ½ hour consultation

**Ramona Hollie-Major, EdD, MBA, CLC**

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## Live Your Life

Life Coaching for Young  
Adults and College Students

*Finding Fulfillment No Matter What*

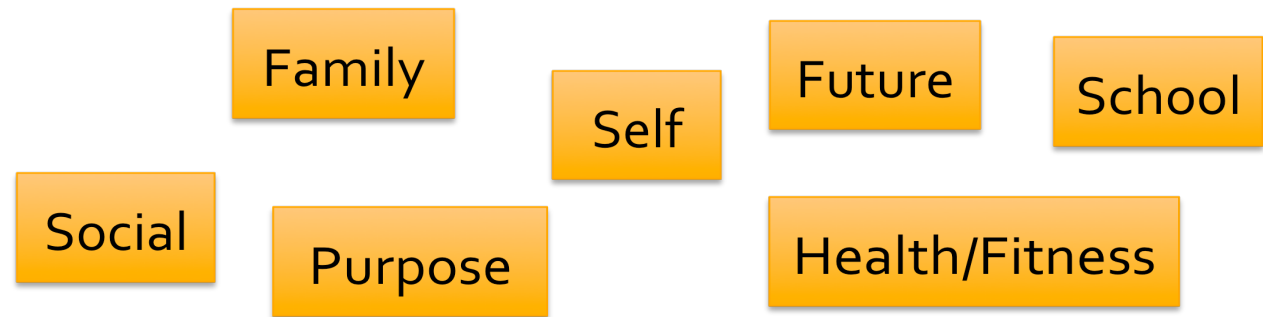


# Benefits of Coaching?

It will help you

- Identify your core values
- Give you a clearer sense of purpose
- Build your self confidence
- Increase self-motivation
- Improve focus and academic achievements
- Manage stress more effectively
- Recognize self-limiting beliefs
- Identify your strengths & talents
- Build better relationships
- Learn how to simply and live your life

“Live Your Life” means using a systems approach to finding balance...



*Go Confidently in the direction of your dreams!*

*Live the life you've imagined.*

-Thoreau

Live Your Life provides guidance to teens and young adults. We empower young people to discover and achieve their goals and ultimate success. Whether they're in need of life coaching for stress, time management, confidence, relationship building, college preparation/success, or for another issue, Dr. Hollie can help develop specific goals to work towards.

Life Coaching is “action-oriented” and applied from a “systematic” framework to enhance the lives of our clients. We do not focus on the past. We look at the holistic person; mind, body, and spirit as we create a life map, which serves as an action plan for your personal and/or professional growth. Dr. Hollie will guide you from where you are to where you want to be.

As a student, you've got:

- academics,
- athletics,
- extracurricular activities,
- community service,
- friends and family, etc.

all competing for your time. Live Your Life is all about finding balance in your life. Our goal is to help you find balance for all the things that are important to you while still taking care of yourself and the people who are important to you.

Live Your Life coaching will give you the tools and resources needed to turn your life around and help you start living the life you've imaged. Live Your Life!