



Happy Belated Thanksgiving

Written by: Laura Rolands

I hope you enjoyed your Thanksgiving weekend. I am especially thankful that mine was filled with some great family time!

If you would like to learn more about attention coaching, organization, ADHD, time management, etc. throughout the month, please connect with me on [Twitter](#) and at my [Blog](#).

If you have any feedback that you would like to share, please email me at Laura@MyAttentionCoach.com.



Ask Insightful Questions, Just Like a Coach!

Written by: Laura Rolands

If we ask insightful questions of our children, parents, spouses, friends, employees, co-workers and bosses (to name a few) we can discover new answers and new ways of communicating. Asking insightful questions is something I learned during my coach training and apply during coaching sessions. At a recent workshop, I was asked to provide some open ended questions that parents can ask their children when helping their children to overcome their ADHD challenges. The request started me thinking that everyone can use insightful, open ended questions to improve communication.

[>> read more](#)



Events

December 5, 2009

[Holiday Stress Management - Be Well](#)

December 10, 2009

[Time Management Webinar](#)

January 13, 2010

[Coaching your Child or Teenager with ADHD - Birmingham Community House](#)

January 23, 2010

[Apply Coaching Strategies to your ADHD Challenges - Be Well](#)

Announcements

Be Well,

A Creating Wellness Center

I am pleased to announce that I have joined the team at Be Well which is a comprehensive wellness center located in Birmingham, Michigan at 750 S. Old Woodward. I hold coaching sessions at Be Well in addition to holding them over the phone and will also be hosting lectures and workshops there.

Learn about more services at www.DiscoverBeWell.com.

Periodically you may hear from my partners at Be Well with valuable information, event announcements and discounts.