

Dillon Consulting and Coaching to be Featured on CUTV News Radio

WINSTON SALEM, NORTH CAROLINA, USA, July 31, 2015 /EINPresswire.com/ -- Are you stuck in a career you don't enjoy anymore but afraid to move on? Without a vision for an exciting future you can't find the fulfillment and meaning

Kathryn Dillon has been inspiring others through various professional and leadership positions as a communication consultant for more than 25 years. Today, Kathryn is a certified co-active professional coach and the founder of Dillon Consulting and Coaching, where she specializes in helping people in mid-life get clear on what they want the rest of their lives to look like.

"This is about helping people to not just survive but thrive with meaning and purpose," says Kathryn. "A lot of people are living lives that don't support their values or they want to make a change – in their work life, in their relationship or other major area of their life – but feel stuck in some way. Many are highly successful, but their work no longer holds any passion for them. That's where a good coach can help you get clear on what you want and help you get there."

Kathryn works primarily with women in their midlife who are successful, intelligent and creative but stuck. Kathryn says one of the key reasons she is so passionate about helping people

navigate changes and live more meaningful lives was her own mid-life challenges. After more than 10 years as a successful communication consultant working with many fortune 500 clients, she found she had no time to spend with her young son. So she quit her well-paying job with all its security and benefits to start out on her own as an entrepreneur.



"Sometimes you have to take a leap of faith," says Kathryn. "I can help you take positive steps to live a happier, more fulfilling life and experience more joy, energy, optimism and

meaning. Find the leader in yourself and open your heart to learning and happiness.”

Kathryn teaches her clients how to identify their strengths and use them in accordance to their values. As a coach, Kathryn takes a positive psychology approach that focuses on strengths rather than weaknesses; opportunities rather than limitations; and action rather than thought.

“Until Positive Psychology, psychologists were only interested in dysfunction, what’s wrong, the past, mental illness, intervention,” says Kathryn. “There was no study of what successful people were doing right. They’re adventurous, courageous, resilient, determined. Positive Psychology is a great partner for coaching. Positive psychology helps you build resilience, maintain motivation and drive and search for the possibilities in and around yourself. In short, it helps you become happier. Who doesn’t want that?”

“It’s so gratifying to me to see people go from languishing to really being excited and having a new vision, new direction and taking those steps,” says Kathryn. “We have to be OK with saying, ‘It’s my turn to get what I want out of life.’”

CUTV News Radio will feature Kathryn Dillon in an interview with Doug Llewelyn on August 4th and August 11th at 11am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/08/04/cutv-news-radio-spotlights-dillon-consulting-and-coaching>

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

For more information on Dillon Consulting and Coaching, visit <http://www.dilloncc.com>

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