

Dr. Peggy Knox to be Featured on CUTV News Radio

WASHINGTON, DISTRICT OF COLUMBIA, UNITED STATES, April 18, 2018 /EINPresswire.com/ -- Although she had been a therapist for over three decades, Dr. Peggy Knox wasn't quite ready to fully retire. She had loved her career as a therapist, but more importantly, she loved her role as a facilitator to help people change their lives for the better. That's when she decided to become certified as a life coach.

Today, Dr. Knox works with clients who are experiencing life transitions.

Change in our lives is, of course, inevitable. Sometimes the change is one we've anticipated and planned for and other times the change comes out of the blue. In either case, it can be extremely helpful to have someone with whom we can talk in order to gain insight and understand options. This emphasis on

the importance of increasing awareness can be compared to the image of someone hiking in the dark. They'll trip over things that if the light were up, they could navigate with more certainty. Dr. Knox helps turn up the light, so her clients can have better footing and see their options with more clarity.

There are major differences between therapy and coaching although there may be some areas that overlap. With each, confidentiality is very important. In therapy the focus is often on the past and how we became who we are. In coaching, the focus is on the future and how we take who we are and move ahead.

Dr. Knox has said, "One of the many things I like about life coaching is that the client is the primary script writer. It can be extremely helpful to have someone to help with the process of identifying what available futures people want and the steps for getting there."

Sometimes people have a sense of what they want but they don't have it fully thought out, so it's also about being able to imagine it and articulate it. Sometimes, just having another person besides yourself who knows and cares about what you're doing can be a major help too.

CUTV News Radio will feature Dr. Peggy Knox in an interview with Jim Masters on April 20th at 12pm EST.



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

If you have a question for our guest, call (347) 9963389.

For more information on Dr. Peggy Knox, visit www.peggyknoxphd.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.

© 1995-2018 IPD Group, Inc. All Right Reserved.