

Divorce Coaching

A U S T R A L I A

Divorcing Harmoniously - Essential Skills Online Bootcamp

Helping You Save Time And Money!

- 5 x 2 hours online group sessions over 2 ½ weeks – get up to speed quickly
- Be empowered with tools and skills to do divorce well
- Draft a parenting plan
- Develop an ongoing support group
- Hear other's solutions and approaches to resolving issues
- Worksheets & checklists + recordings if you miss a session

Divorce Changes Lives Forever...

Do It Differently To Most, Learn How To Divorce Well.

It's hard to anticipate the stresses that divorce can bring.

Often, both parties have good intentions to keep things civil, but are not prepared for the many unknowns and the high emotions they and their children can experience.

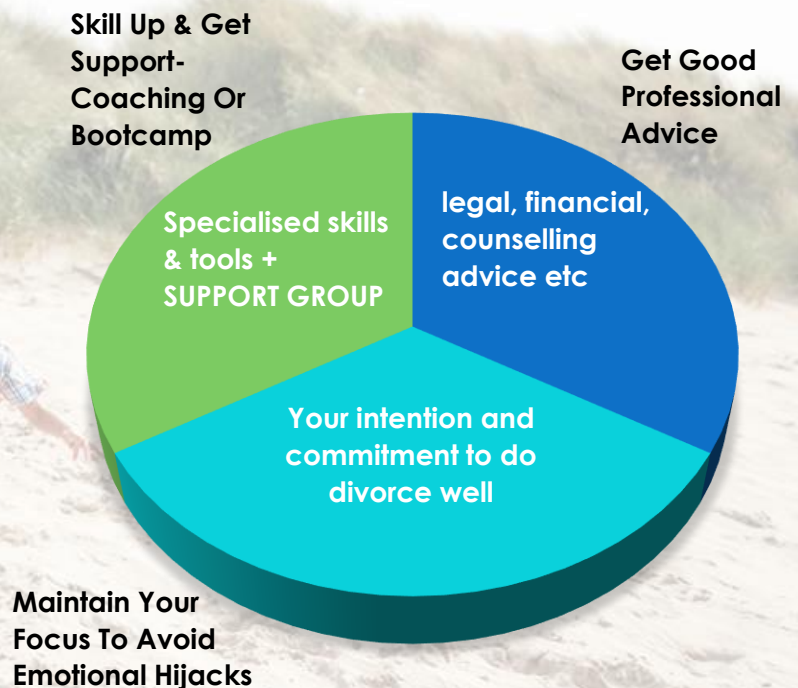
It requires a specific set of skills to successfully manage the process, set the scene to rebuild your new life along with successful long term co-parenting.

Different agendas, angry outbursts, and conflict in general, can cause things to go off track, increasing costs and negatively impacting on children.

This 2 ½ week group program is designed to help you quickly develop skills necessary to navigate the divorce process more successfully ... to come out of it with lives intact, particularly your children's.

It also provides you with the opportunity to connect with others travelling the same road ... an invaluable resource to share experiences and support when things get tough.

Requirements For Divorcing Well - All Are Equally Important For You To Achieve Successful Outcomes



Join the bootcamp to get important skills and support. Helping you to stay focused on the end goal → better outcomes for you and your children.

Together We Will Practice, Use Numerous Worksheets And Cover:

- How to **prepare for discussions over property settlement and children's orders**
- Then **learn and practice specific negotiating skills**
- How to **help children and teens cope with strong emotions** and changes in their family circumstances
- **Draft a parenting plan** pertinent to your family circumstances & **get group input**
- **Advanced written & verbal communication skills** to deliver clear messages under pressure
- How to **manage difficult conversations**
- How to **set new boundaries** going forward
- **Techniques for dealing with conflict and anger** to reduce ongoing problems or issues escalating
- **Importantly**, we will look at what happens to us when we experience emotional overwhelm along with **techniques to manage this and stay in control**

Plus, explore a **powerful tool** to help you develop insight into behaviours you choose, so you can co-parent more effectively ... **essential to your children's wellbeing and helping ensure more involvement in their life.**

"Working through a separation can be an emotional and draining experience without the added stress of a legal dispute.

Developing these skills can make a drastic improvement to emotional and mental well-being throughout this process, as well as assisting in reaching a more positive and amicable resolution."

– Nicole Jevtovic, Principal Family Law Solicitor & Mediator, Clarity Family Law Solutions

These skills will enable you to save time and money by approaching divorce more effectively, co-parenting more co-operatively ... helping you and your children deal with changes in the family structure ... setting everyone up for more positive outcomes – particularly your children.

Joining The Bootcamp Will Help You:

- **Save money by avoiding legal fees blowing out** with emotional hijacks
- Know how to ask powerful questions and **make proposals in your negotiations** now and in the future
- Have tools to better **handle conflict and difficult conversations**
- Have **increased skills to clearly communicate your needs and wants** during the divorce and in the future
- **Put your children first and understand how conflict impacts them** + how to help them cope with the divorce and transition to changes in family structures
- **Have techniques to better manage anger** and conflict + be able to deal with strong emotions from yourself and others, to avoid being triggered
- Find your voice and **increase self-confidence** to manage the unknowns ahead
- Feel **more in control** and able to participate in the process +
- Be part of a **divorce support group**

OPTIONAL to the needs of the group:

Preparation around breaking the news re your intention to separate. Doing this with as much dignity and respect for the other person, can minimise levels of conflict and improve the prospect of more positive co-parenting.

For \$320 + GST get supported and learn how to divorce well

Dates and payment details are on the website or CALL CAROLYN: 0419 443 068

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