

Divorce Coaching

A U S T R A L I A

Essential Skills to Divorce Harmoniously

Helping You Save Time And Money!

- 2 – 3 hours, intensive 1:1 coaching session - online or phone
- Be empowered with tools and skills to do divorce well
- Worksheets and checklists

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 2-3 hour coaching session is designed to help you develop skills necessary to navigate the divorce process more successfully ... to come out of it with lives intact, particularly your children's.

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

Skill Up & Get
Support-
Coaching Or
Bootcamp

Get Good
Professional
Advice



Maintain Your
Focus To Avoid
Emotional Hijacks

Get up to speed quickly on the important skills to help you stay focused on the end goal - better outcomes for you and your children.

Together We Will Practice, Use Worksheets And Cover:

- How to **prepare for discussions over property settlement and children's orders**
- Then learn and **practice specific negotiating skills**
- Learn how to **help children and teens cope more effectively with strong emotions** and changes in their family circumstances
- **Consider what needs to go into a parenting plan** pertinent to your family circumstances
- **Advanced verbal and written communication skills** to deliver clear messages under pressure
- How to **manage difficult conversations** for better outcomes
- How to **set new boundaries** going forward
- **Techniques for dealing with conflict and anger** to reduce ongoing problems and 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**

"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

Personal Skills Coaching 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** with your ex-partner now and in future dealings with each other
- Have tools to **better handle anger and difficult conversations**
- **Put your children first and understand how conflict impacts them** + how to help them cope with the divorce and life afterwards
- **Have techniques to better manage anger** and conflict plus be better able to deal with strong emotions from yourself and others, to avoid being triggered
- Find your voice and **increase self confidence** in your ability to manage the unknowns ahead
- Feel **more in control** and able to participate in the process

Move through the process more quickly, to start rebuilding your new life!

OPTIONAL and requires extra time:

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.

Costs \$300 + GST - to get started straight away CALL CAROLYN – 0419 443 068

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