**SPECIALIST DIVORCE SUPPORT** Helping you move through this majorlife challenge   
so you can more successfully start living your new life – your way!

*Together we will identify your goals, set priorities and develop a plan for tomorrow …  
moving you through the pain of divorce to regain confidence and start anew.*

*From pain to freedom - your way!*

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**Coaching can help you:  
-** Save money by being a more   
 collected and credible client in   
 the legal process

- Stay in control and focus on   
 what’s important for you and   
 your family to avoid angry,   
 emotional hijacks

- Feel more empowered by being   
 organised and prepared for   
 what’s ahead and develop a plan  
 of action

- Identify your next steps re:  
 legal, financial, children’s issues   
 plus your self-care

- Develop a draft parenting plan to  
 anticipate and address possible  
 issues pertinent to your family

- Consider areas of possible  
 conflict and explore techniques   
 to reduce confrontation

- Find your voice and be more   
 confident in your skills to take   
 control of your divorce and do it   
 your way

- Let go of what was … and create  
 what is possible during your   
 divorce journey and afterwards.**blue handset.jpg Coaching works well over the phone, allowing for flexibility of time and place -  
evening appointments available.**

**Full details are on:**

**---------------------------------or email:  
Catherine@.................................**

You will go through distinct stages:

1. **The Preparation Stage – maybe entail one or two coaching sessions**Anticipating all the unknowns and preparing before you see a Family Law Solicitor can save a lot of your solicitor’s time and therefore money. The clearer you are on what you want to achieve throughout the process, the more specific legal advice you will receive.
2. **The Business Side of Divorce – maybe two to four coaching sessions**

Divorce involves multiple areas of change, intensity of emotions, life changing decisions, loss of family structure and often a sense of isolation not experienced before. Necessary

The emotional overwhelm associated with relationship breakdown and the associated loss of 24/7 contact with children can impact even the most together person’s ability to make well considered decisions.   
Together, we will process emotions constructively and clarify decisions to be made... for you to be better able to communicate these in negotiations as well as set new boundaries.  
**Where necessary we can work on skills you will need for successful outcomes with property settlements and parenting orders e.g.**

* + conflict resolution skills plus specific verbal & written communication skills important for more neutral emails and messages
  + having difficult conversations
  + preparing before attending joint conferences or mediation
  + managing anger
  + supporting your children to also navigate changed family structures
  + strategies for you to start healing and become whole again
  + drafting a parenting plan to anticipate & address possible parenting issues, leading to more positive and successful co-parenting in the long term.  
     *This is in everyone's interests...  especially your children's.*
  + grieving losses ... even if you are the one who made the decision to leave
  + look at possible stress strategies to sustain your energy levels, important for you to make good considered decisions

1. **The Moving On Stage – one or two coaching sessions**Dealing with endings and focusing on the future:

* changing your “self” image and building self worth
* transitioning from married life to being single again
* address barriers preventing you form moving forward
* setting realistic goals to help transition to your new life more effectively

**Everyone is different and moves through the stages at their own pace.**

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**Individual Package includes:***-* CDP-1 online assessment

(takes 20 to 25 minutes)

- eight page personal report

- 40 page development guide

to improve responses to conflict

- 45 minute confidential one on one

### To organise your report call,

### Carolyn Madden

**0419 443 068**

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