

This is the American Bar Association Definition of Divorce Coaching:

"Divorce coaching is a flexible, goal-oriented process designed to support, motivate, and guide people going through divorce to help them make the best possible decisions for their future, based on their particular interests, needs, and concerns. Divorce coaches have different professional backgrounds and are selected based on the specific needs of the clients. ..."

What is my Role as Your Divorce Coach?

A divorce coach support clients to get clarity about all aspects of the divorce process, from the initial decision-making, to dealing with the business of divorce, to managing the emotional impact of conflict and making strategic choices to create a better future.

My role as your Divorce Coach is to help you get organized, and to sort out what is needed for information, resources, and emotional safety. This includes my providing a non-judgmental environment in which you can express yourself and be heard.

I am your Thinking Partner and your Sounding Board. I will be your champion and stand for your being as effective as you can be in defining and communicating your needs, communicating with your spouse, with any other divorce professionals in the process, and most importantly in maintaining the relationships with children and family and other important supporting people and resources needed throughout the process.

Who else can you talk to? Lawyers are great for talking about the law. Therapists are great for sorting out the causes of the emotional

struggle. Family and friends are important, but are not skilled in having these kinds of conversations. Well intentioned friends have their own agenda to help you feel better by saying things like “You will be fine, this is probably the best things that ever happened to you, it is for the best, oh, just give it time, you should get even, get everything”, etc. These conversations will not help you deal effectively with the process of divorce.

The Three Aspects of Divorce Coaching:

1. Doing the Internal Work

- **Letting go:** Denial, Anger, Shame, Guilt
- **Forgiveness:** Getting complete Self-awareness Managing emotions Acceptance-Peace
- **Discovering who you are:** Trusting self and others Alignment with values
- **Being authentic:** Being Happy

2. Setting Goals and Action Steps and Moving Forward

- Taking actions aligned with goals
- Designing next steps
- Evaluating results
- Celebrating small wins
- Envisioning a new future
- Creating a new vision
- Evaluating current state
- Picking area to focus on
- Creating specific goals

3. The Business of Divorce

As a divorce attorney, I can also coach you on a much-needed aspect of the process not commonly addressed by most divorce coaches, namely - organizing for the process of divorce.

- Focusing on what's important and moving forward
- Clarifying decisions to be made
- Developing better communication skills and advocating for your legal agenda
- Becoming a credible client in the legal process

- Preparing you for meetings with attorneys, mediators, professionals
- Getting organized
- Documenting the facts
- Identifying professional resources
- Clarifying needs and Making decisions
- Reaching agreements

The Three Phases of Divorce Coaching:

1. Pre-Separation - Pre-Divorce

In the Pre-Separation Phase, you may be asking the question: Should I stay or should I go? Should I get divorced or not? While this is the beginning of the divorce process, in these early conversations I can offer great benefits as a sounding board in helping you gather the information that can help you evaluate the question about whether the tradeoff will be worth it.

2. During the Divorce Process –Restructuring the Family

This is the phase that starts with the decision to divorce and encompasses all of the decisions that will be made by you that will impact you far into the future. Your role as a sounding board, thinking partner, and guide to help you stay on the path and not get sidetracked is of great value to you.

I will most likely be working with only one of the parties in divorce, supporting you in the following by helping you understand the options in the process of divorce. Any divorcing couple has the right to self-determination and may have the following options to explore:

- Pro-Se or Do It Yourself
- Private Mediation
- One Lawyer shared by couple.

- Two separate lawyers
- Collaborative Divorce which includes lawyers and other divorce professionals as a team
- Litigation

3. Post-Divorce – Recovery & Rebuilding

Once the divorce is finalized, it is time to transition to creating a life and future that redefines your roles, especially if there are children involved. We focus on the basics of redefining yourself, your environment, and your letting go of the past to focus on the future. From there, you can pursue career, relationship, single-parenting, blended-parenting, and financial Coaching, depending on your need of the client, your background, and those with whom you can collaborate.