

Why Do I Need A Divorce Coach?

A Divorce Coach is **your personal mentor to help you through the process, step by step.** Your attorney is retained to represent your best interest and advocate for you. He/She is the expert you depend upon to gather information and evidence to settle the business of your divorce. It is not realistic to expect your attorney to be your counselor or friend. You need to be reassured, from someone who not only understands the system but has experienced going through the entire process (legal, financial and emotional). Receiving **support and encouragement from a “mentor”** is a crucial component to maintain a sense of calm and balance in your life during very difficult times.

As your Divorce Coach, I **educate you about your options in divorce** and how litigation, collaboration and mediation work. Being knowledgeable is crucial when making important, life altering decisions

As your divorce coach, I **can offer referrals and prepare you for interviewing attorneys and other professionals.** I also assist you in creating a list of important facts, questions and concerns for your consultations and on-going communication with your professional team.

When emotionally overwhelmed and overburdened by all the “work” of divorce, I will help you **create a step by step action plan which will prioritize your tasks and ensure that you accomplish what needs to be done.**

I **help prepare you for depositions or collaborative sessions** in order to maintain a sense of calm, provide necessary information and uphold a spirit of cooperation.

As your divorce coach, I **educate you about effective communication** that will alleviate unproductive interchanges and negative fall-out. These communication skills are helpful **before, during and after divorce.**

As I work with an individual through the process of divorce, I encourage clients to **shift the focus from the “other” to the self.** This includes education about the process of complex change and opportunities for growth in planning for a positive and fulfilling future. **After divorce, I can help you develop action plans to accomplish social, relationship and career goals.**

“I have to tell you Linda, that I would not be where I am right now...mentally and emotionally, if it wasn't for your help and guidance. You kept me level headed and sane. I did not think I would ever be where I am today. I am so grateful! Thank You.

Client, Patti P.