

Divorce Coaching - helping you through the rough times

Divorce coaching isn't legal advice ... although it may include supporting and helping you process decisions you need to make regarding your Family Law issues.

It isn't counselling or therapy.... counselling usually focuses on the past and is central to gaining insight into 'why' we feel or behave as we do, in order to assist with change or heal emotional wounds.


Divorce Coaching is about the future ... 'where' you want to go, 'how' you are going to get there and then keeping you on track 'when' you need to act ... to help you achieve your goals and deal with this major life transition.

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

It is the one time when you need to have as many people on your side as you can.

As a certified divorce coach I am there just for you. Your objective and confidential support to help and guide you through the unfamiliar territory of the emotional, legal, financial and logistical stages of divorce.

Together, we will identify your goals, set priorities and develop a plan for tomorrow. You will feel empowered to take charge and manage your divorce process to tackle the multitude of decisions and changes ahead necessary for you to move on and redefine your new life ... *your way!*



" Solicitors are trained in the law not therapy or coaching - and don't want to be.

So it makes sense wherever possible to work with a Divorce Coach. It's a more economical alternative to unbundling on lawyers as rates for a divorce coach are substantially lower than legal fees. This alone pays for coaching while you get all of the extra benefits"



Carolyn



Divorce Coaching can help you to:

- **save money** by being a collected & credible client in the ongoing legal process and use your solicitor's time wisely
- **stay in control** & 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, set goals and an action plan and then keep you on track -> to achieve them
- **develop a parenting plan** to anticipate & address possible co-parenting issues now -> more workable & positive approach for successful co-parenting in the long term. This is in everyone's interests .. particularly your children's
- **process emotions constructively** and **clarify decisions to be made** ... -> be better able to communicate these in negotiations as well as **set boundaries**
- **let go of what was** ... and create what is possible during your divorce journey ... **to be in better shape to rebuild your new life**

"After many cups of coffee and long hours of listening to me, my very good friend suggested I speak to Carolyn, a divorce coach. I was a bit sceptical, especially when a phone session was suggested. From my first phone session I felt empowered. It gave me a sense of direction, assisted me to set realistic goals and action plans.

Most importantly it aided my self esteem .

Divorce is overwhelming. Talking to a caring professional like Carolyn helped me acknowledge my priorities and a way to achieve them. Thank you Carolyn."

Rosana - Castle Hill, Sydney NSW

"Carolyn really helped me to get unstuck and move forward. She was very supportive and professional. I also loved the time-saving convenience of over-the-phone sessions.

I always had the impression that having a coach was simply creating goals and ticking boxes yet Carolyn's sessions were so much more than that. She gently challenged me while helping me see the big picture and where I want to be."

Nadine, Freshwater NSW

Divorcing Coaching, the missing link in surviving divorce.

*Ready to start work on your new life?
Let's talk for 20 minutes and see if
coaching feels right for you.*

Carolyn Madden: 0419 443 068
Full details on: DivorceCoachingAustralia.com.au

Coaching works well over the phone  *or*  *Skype allowing for flexibility of time and place.*