



## Coaching with Carolyn helps you:

1. Get personal guidance to feel less alone, calmer and back in control, anticipating and preparing for what's ahead, managing the emotional overwhelm and developing a plan of action
2. Find your voice and be more confident in your skills to take a pro-active role in your divorce and less confused with sometimes conflicting but well-meaning advice from family and friends
3. Save money by being informed and prepared, able to use professionals time wisely
4. Be a more collected and credible client in the legal process, able to make clearer decisions avoiding costly mistakes and keeping things on track
5. In line with legal advice, consider options or strategy re: legal, financial, children's issues to achieve long term outcomes
6. Stay in control to avoid angry emotional hijacks, focusing on what's really important for you and your family ... the long term
7. Develop a draft parenting plan to anticipate and address possible issues pertinent to your family
8. Consider areas of possible conflict and explore techniques to reduce confrontation and improve co-parenting
9. Let go of what was ... gain the courage to create what is possible during your divorce journey and afterwards

[DivorceCoachingAustralia.com.au](http://DivorceCoachingAustralia.com.au)

"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 skeptical, 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.

## Carolyn Madden



CDC Certified Divorce Coach  
Cinergy Trained Conflict Coach  
Cert IV in Training & Assessment  
Accredited in CDP Conflict Dynamics Profile  
BA (Industrial Relations) (UNSW)  
Member International Coach Federation

## FEES

Single phone sessions are \$120 per hour + GST

Packages provide: value for money, extra services plus help me get familiar with you and your circumstances:

Four sessions	\$ 440 + GST - valid for 6 months - save \$40
Six sessions	\$ 600 + GST - valid for 6 months - save \$120
Eight sessions	\$ 760 + GST - valid for 12 months - save \$200
Twelve sessions	\$ 1100 + GST - valid for 12 months - save \$340

### Include:

- 60 minute phone sessions
- Unlimited email and text support for the duration of the sessions
- Guided worksheets, templates, checklists, exercises and tools to prepare around

Coaching works well over the phone, allowing for flexibility of time and place plus lower fees - evening appointments available.  
**Face to face \$180 + GST**



**0419 443 068**

*Call to see if coaching  
is right for you...or to  
organise a session.*



## SPECIALIST DIVORCE SUPPORT

*Start living your  
new life - your way!*



*Coaching offers a confidential and objective  
sounding board just for you, moving you  
through the pain of divorce to regain  
confidence and start afresh.*

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*Every divorce is different and families going forward will be different. I help my clients to see or find ways they can co-parent as opposed to being one of two single parents.*



# Our Services

- Working alongside your legal team, we offer the full support package of a safe environment to process decisions, consider options or negotiation strategy, keeping you pro-active and creating solutions when roadblocks occur, to avoid the pitfalls of emotional decision making, plus develop a plan for tomorrow
- Preparing for Pre-mediation or Collaborative law conferences to clarify your thoughts plus increase crucial skills necessary to participate more constructively in negotiations e.g. communication and self-management techniques and attending with you if necessary
- Delivery of CDP Conflict Dynamics Profile giving you real feedback on the constructive and destructive behaviours you choose during conflict situations, facilitating more productive discussions and outcomes during negotiations

**Carolyn can guide you through one or all stages:**

## 1 Pre-divorce / separation planning – one to two coaching sessions

Making a decision to leave or breaking the news re separation can be extremely difficult. Doing this with as much dignity and respect for the other person can minimise levels of conflict. Coaching can help you set the scene for the best outcome by considering reactions and anticipating responses, preparing around what to say and how to deliver the message plus identify any actions which may need to be taken beforehand.

## 2 The Preparation Stage – one to two sessions

Anticipating all the unknowns and preparing before you see a Family Law Solicitor can save a lot of their time and your money. *This alone can pay for coaching, giving you all the extra benefits coaching provides.* The clearer you are on what you want to achieve the more specific legal advice you will receive regarding your entitlements, allowing you to plan and set realistic goals.

## 3 The Business Side of Divorce – two to four 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.

The emotional overwhelm, losses and fears about the future and the associated loss of 24/7 contact with children can impact even the most together person's ability to make well considered decisions. *Getting emotionally hijacked here can be costly in terms of dollars, time and life outcomes.* Together, we will process emotions constructively, clarify decisions to be made and evaluate options - always keeping in mind your long term plan – for you to confidently communicate these, 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
- Handling difficult conversations and tools to help
- Preparing before joint conferences or mediation and attending with you if necessary
- Managing anger and strategies to help
- 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.*

- Supporting your children to also navigate changed family structures, schools and living arrangements plus heightened emotions
- Grieving losses ... even if you are the one who made the decision to leave
- Stress strategies to sustain your energy levels, important for you to make good considered decisions
- Developing strategies for you to start healing and become whole again

## 4 The Moving On Stage – one or two 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 from moving forward
- Setting realistic goals to help transition and redesign your new life your way!



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