

So How Can a Divorce Coach Help?

YOU CAN BENEFIT FROM COACHING IF YOU ARE:

- Stressed
- In Need of Extra Support
- Overwhelmed
- In Need of a Strategic Thinking Partner
- Intimidated by Decision Making

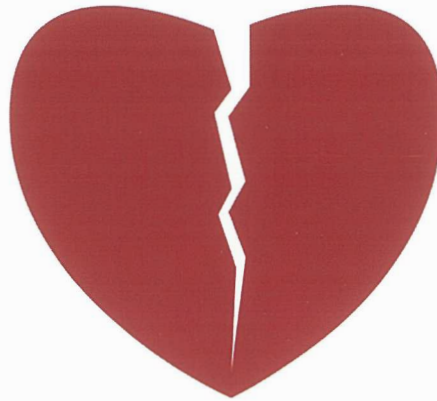
REASONS YOU NEED A DIVORCE COACH

- Divorce is too difficult to go at it alone
- You need to save in financial legal fees
- You need an unbiased objective opinion
- You need a resource for guidance and strategy
- You want to know what to expect

HIRING A DIVORCE COACH CAN SAVE YOU A BUNDLE

From helping manage emotions to teaching communication skills, divorce coaches can provide valuable non-legal advice without draining your wallet. Many people use divorce coaches to minimize talking to their lawyers. Professional Divorce Coaching and Domestic Relations Consulting support you during life transition, legal and family law areas. Services help you in strategy planning, communication coaching, emotional management, organization, and performance. Discover proven business strategies to help you during your divorce and family law matters.

SAVE MONEY AND TIME
CREATING A SENSE OF CONTROL
BE EMPOWERED AND ORGANIZED
BE PREPARED FOR LIFE TRANSITION



Contact our Divorce Coach for a coaching session today



Martha Watson, Ph.D., CAMS II
Divorce Coach, Domestic Relations Consultant

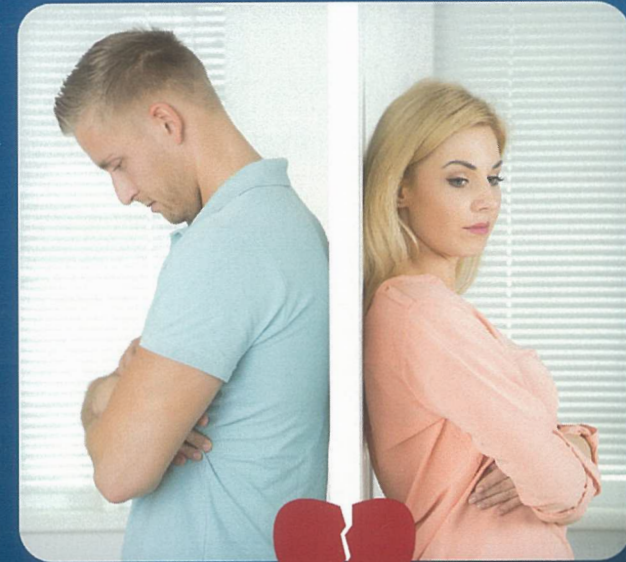
For more information to make an appointment, contact us:

Telephone: 814-662-5338

Website:

[www.RelaxationNonViolenceTraining.com /divorce-coaching](http://www.RelaxationNonViolenceTraining.com/divorce-coaching)

DIVORCE COACHING



A Divorce Consultant and Coach provides emotional guidance, coaching, and consulting that helps you in the difficult times of family stress, anger and functioning, relationship problems, marital problems, divorce, separation, and co-parenting.

In-person & Telephone coaching worldwide since 1985.

Insight Therapies LLC **(814) 662 - 5338**

EFFECTIVE PROBLEM-SOLVING & ACTION PLANNING:

- Strategy, Planning & Performance
- Problem Solving
- Communication Skills
- Stress Management Tips
- Coping with Emotions
- Relationship & Parenting
- Co-Parenting Challenges
- And more...

BENEFITS OF COACHING

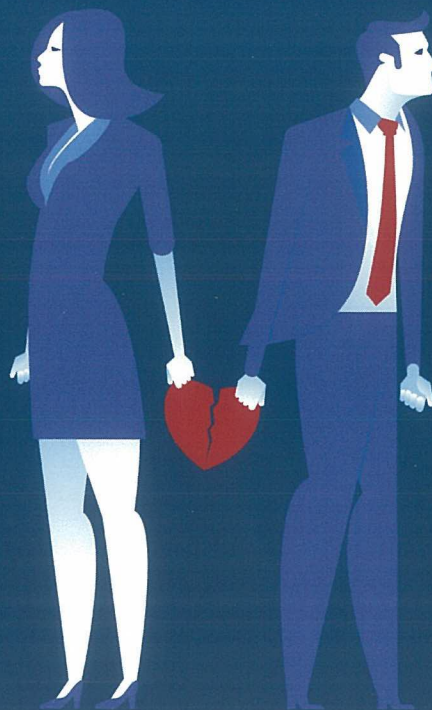
- 1. Solution Focused:** This is one of the most powerful benefits of coaching. You get an action-oriented plan to achieve your goals at a faster pace of accomplishments.
- 2. Support Partner:** Your coach will help you with your feelings, so you see past the emotions in working on **divorce** issues.
- 3. Family-focused:** Your coach will help you maintain health and wellness for the whole family helping the relationship, parenting, and co-parenting issues.
- 4. Growth:** Your coach will help foster growth helping you in emotional health to move through stressful situations.
- 5. Accountability:** Your coach keeps you on track and guides you through challenges. Increased Confidence and Stamina: Your coach will help you rebuild your future with more confidence.

"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." American Bar Association.

WHAT IS DIVORCE COACHING AND CONSULTING?

Nobody is ever fully prepared to deal with a divorce. You may feel overwhelmed or intimidated during the process. A Divorce Coach is there to support you by an action-oriented strategy to help you work past emotions, stay on track, and gain better decision-making skills. A Divorce Coach supports you through your divorce, after your divorce, during separation and the "adjustment" period," after your divorce. A divorce coach is a uniquely trained divorce professional who guides you from where you are now to get you to where you want to be once your divorce is over. A divorce coach is your confidant and helps empower you to your future so you can create the tomorrow you want.

Are you ready to make things happen? Then let's get started today!



WHAT ROLE DO DIVORCE COACHES PLAY DURING THE DIVORCE PROCESS?

Divorce coaches can help a person going through pre-divorce, divorce and post-divorce issue depending on their situation and need.

BENEFITS OF COACHING

- Individual Coaching personal support in relationship problems
- Marriage Mediation—The decision to work on the marriage
- Pre-Divorce Individual or Couples Coaching to separate or divorce
- Parenting Coaching needs of the children
- Individual Coaching preparing for the journey that is divorce

BENEFITS OF COACHING

- Emotional and performance support
- Working through the personal children needs
- Clarifying thoughts and concerns
- Encouraging sound decision making
- Separating emotions to think and communicate rationally
- Setting reasonable and fair goals
- Sharing voice of wisdom to help you achieve success

AFTER DIVORCE:

- Establishing a vision and a plan: short and long-term goals
- Emotional Support through the adjustment period
- Family, Parenting and Co-Parenting Coaching