

So, how can a Divorce Coach help?

You could benefit from coaching if you are:

- Stressed
- In need of extra support
- Overwhelmed
- In need of a thinking partner
- Indecisive

Topics that you can address with a Divorce Coach:

- How to communicate with your spouse/former spouse
- How to tell your spouse that you want to separate and divorce
- How to inform the kids about the divorce
- Stress management tips
- Adjusting to life during a separation/divorce
- How to make informed decisions
- Coping with anxiety
- Getting through the grief cycle
- Organizational skills
- Introducing a new significant other to the kids
- Blending families
- And more...this is only a tip of the iceberg

BE ORGANIZED

BE EMPOWERED

DEVELOP A SENSE OF CONTROL

BE PREPARED FOR THIS LIFE TRANSITION

Contact our Domestic Relations Consultant for a coaching session today.



Leah L. Nathan, Ph.D.
Domestic Relations Consultant
Cooper Ginsberg Gray, PLLC
10201 Fairfax Blvd.
Suite 520
Fairfax, VA 22030

For more information or to make an appointment, contact us:

Telephone: 703-934-1480
E-mail: lnathan@cgglawyers.com
Website: www.cgglawyers.com



Divorce Coaching

Providing emotional guidance through the difficult times in your divorce process



COOPER GINSBERG GRAY PLLC
FAMILY LAW ATTORNEYS

Benefits of Coaching

- 1. Getting Results:** This is one of the major benefits of coaching. By regularly meeting with your coach and taking the actions needed to meet your goals, you will likely find that you are able to meet your goals at a faster pace than if you are trying to navigate the process alone.
- 2. Thinking Partner:** Your coach will provide you solid emotional guidance that will help you to explore options and develop action plans that are in your best interest.
- 3. Growth Mindset:** Your coach will help foster a growth mindset to help you move through stressful situations as opposed to getting stuck in a rut with fixed mindsets.
- 4. Accountability:** Your coach will challenge you to follow through on effective action plans and guide you through any hurdles that may arise.
- 5. Increased Confidence in Decision Making:** Your coach will help you to envision the future. As the steps become clear, you will gain more confidence.



Divorce can be a struggle. You don't have to go through it alone.

What is Divorce Coaching?

Divorce coaching will help you make informed decisions that directly impact your future. Coaching is not therapy. While therapy focuses on feelings and understanding the past, coaching is more action-oriented. Essentially, it can help you assess where you are going, devise plans on how to get there, and execute those plans, even when stressful situations arise. If you rely on your coach's expertise, you will find that you are better able to stay on track with your divorce.

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

“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 to expect before, during and after the divorce

Rarely is anyone ever fully prepared to deal with all of the nuances of a divorce. This is true whether you are the one initiating the divorce, or whether the divorce is your partner's idea. You are likely to experience many phases during the process, and your divorce coach can help guide you through each one.

1

Should I leave or stay in marriage?

- I have been devalued
- I have put up with a lot
- I do not feel appreciated

2

Now that the divorce is in process...

- I am confused about my future
- How do I tell the children?
- I do not understand how this will unfold
- Can we fast forward to getting this done?
- I cannot communicate with my spouse

3

The divorce has been finalized but ...

- I am still trying to settle in
- I am adjusting to being a single parent
- My children still have questions
- How do I introduce a new significant other?