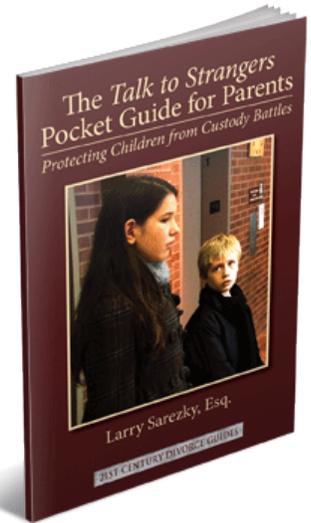


For more information, visit
www.DivorceResourcesSite.com

THE “TALK TO STRANGERS” POCKET GUIDE FOR PARENTS SUPPLEMENT # 1

Using a Divorce Coach... And Saving Legal fees in the Process



Prior to, during, and after your divorce, assistance is available from experienced, knowledgeable professionals who can supplement the services of an attorney at substantially less expense. One such professional is the divorce coach.

Divorce coaches have been playing an increasing role in 21st century divorces. So who are these new players on the divorce scene?

Divorce coaches offer services that most divorce lawyers don't—and even if they did, you wouldn't want to pay them for. Coaches do not provide legal advice, and are not substitutes for divorce lawyers. In fact, during divorce, coaches are often most effective when working with a lawyer. The collaborative divorce “team approach” to dispute resolution is an example.

Some divorce coaches are mental health professionals, mediators and even lawyers. Many others were drawn to coaching as a result of their own divorce experiences.

A divorce coach will typically:

- Help you make choices, including:
 - Whether you should be considering alternatives to divorce, and
 - Whether you are emotionally prepared to be making life-altering decisions, and if not, how to become so
- Familiarize you with the divorce process including what type of professional assistance you will need
- Provide emotional support, acting for example, as a “sounding board” to help you make mindful choices in your personal life
- Help you to organize financial and other documents and information that you will need if you do proceed with divorce
- Counsel you regarding how to relate to your children and serve their interests as the divorce proceeds
- Help you forge a new co-parenting relationship
- Facilitate your recovery from the end of your marriage
- Help you build self-empowerment and a happy and productive future

As is the case with divorce planners, divorce analysts, and private practice mediators, there is no mandatory state certification of divorce coaches. Thus, personal recommendations from divorce professionals and clients are particularly important in selecting a divorce coach. Make sure that your divorce coach has substantial experience in the field and has been trained and certified by an organization such as The CDC College for Divorce Coaching. You can also get help locating local coaches on the CDC website: <http://certifieddivorcecoach.com/resources/>

Learn more about caring for children during divorce at www.DivorceResourcesSite.com