



LIFE CHANGE & TRANSITIONS LLC

Michele Coppola Wilson, Transitions Coach

Specializing in Marriage Reconciliation, Separation and/or Divorce

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POST DIVORCE COACHING

Now that your divorce has ended in an agreement, you know that the more emotion you allowed into that process, the more money you spent. If you were able to be business-like in your negotiations and interactions with the attorneys, mediators, judges and your former spouse, your cost was minimized. That is because the process of getting divorced is a venture with your former spouse that is no different than the dissolution of a partnership in business. Being able to keep it business-like is key! It tempers the emotion and allows rational thought to come into play. When you can adapt to this mindset, instead of using your attorneys as therapists, or friends, you begin to develop a business-like mindset that will save you time and money.

As your Post-Divorce, Divorce Coach, I can help you learn and master the following skills so that you can use them now to create a successful, harmonious and working coparenting relationship with your former spouse. The skills required are:

- **Express desires, not complaints**
- **Leaving emotions aside**
- **Employing rational thought in making decisions**
- **Dealing with problem, not the person**
- **Brainstorm solutions together**
- **Be willing to give up something, to get something**
- **Talk about yourself, not the other person**
- **Focus on facts, not motives**
- **Accept emotional responsibility for yourself**
- **Resist blaming other people and things**