



LIFE CHANGE & TRANSITIONS LLC

Michele Coppola Wilson, Transitions Coach

Specializing in Marriage Reconciliation, Separation and/or Divorce

Offices in Tinton Falls and Manasquan, NJ

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PRE-DIVORCE COACHING

**WHY WORKING WITH ME FIRST-- AS YOUR DIVORCE COACH,
BEFORE CONTACTING AN ATTORNEY OR MEDIATOR,
SAVES YOU MONEY!**

Hiring me as your Divorce Coach gives you the benefit of having two services for the price of one. I not only have coaching experience, I am also a Professional Divorce Mediator. I received my training from the New Jersey Association of Professional Mediators (NJAPM). As a bonus, I am also a certified Paralegal from the American Bar Association. I have decades of experience in the legal field. I am also divorced and have represented myself in at least a dozen post-judgment enforcement applications and have been "successful" in most of them (not that anyone ever really "wins").

I can coach you BEFORE you contact an attorney, and we can come up with a "game plan" ahead of time so you don't waste countless hours telling "your story" and racking up your legal bills. Sometimes you just need to vent and that's OK! But what happens is you turn your appointment with your attorney into a therapy session and you waste time and money talking to your attorney about non-legal issues when you could be talking to a Coach, like myself, who costs less per hour and can help you come up with a strategy that maximizes the time you spend with your attorney so that it is more productive.

I can help you navigate the legal process as a Paralegal with knowledge of the Court system and because I've gone through the process personally and I understand how it works and can explain it to you! I can't offer you advice or promise you an outcome. What I can do is help you reign in your emotions and maximize rational thought so that you enter your appointment with your attorney -- ready to tackle the issues and come up with solutions.

I work with individuals or with couples. Many couples that have used this service have discovered that they can learn how to negotiate with one another in a way that can help them to minimize stress and save time and money. I teach my clients how to mediate the issues in their divorce. Sometimes we can tackle all the issues, but even if we just do the Parenting Plan, or we help figure out your budget together and what it will be when you are divorced, you have saved yourself countless hours and tons of money using attorneys or the Court system.