



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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DIVORCE RECOVERY COACHING

Description of Services:

Individuals need a Divorce Recovery Specialist to help them determine how to transition through the Life Change of Divorce in a manner that helps them to heal, find peace, grow, embrace the Grief Process, learn ways to empower their thoughts and actions, develop patterns of growth, etc.

As a qualified Specialist in this area, I can help anyone manage this transition in a healthier way.

Since part of that process involves telling their story, and sometimes telling their stories again and again, I don't always charge for that time. Therefore, I have significantly reduced my hourly rate to \$75.00 to accommodate the need to emote, but also recognizing that the value of the program is diminished while transitioning through the details before solutions can be discussed and implemented.

Initial appointments therefore may last longer than one hour and are still charged at a flat rate of \$75.00 for some time until the Coach and the Client determine that the Individual is ready to move forward. At that time, sessions are hourly and still billed at the reduced rate of \$75.00.

Individual Coaching with respect to empowerment which includes strategies to bring about positive change in the Individual:

- by defining client's goals;
- assessing possible solutions and brainstorming ways to bring thoughts to fruition;
- establishing a plan for action to bring about positive transitioning to life change;
- creating solutions by identifying issues;
- discovering and implementing concrete ways to achieve success;
- clarifying rational thought decision making; and
- reigning in emotions so that the Individual can become proficient at letting go of past hurts, transitioning through any life change in a manner that accepts personal accountability, promotes emotional responsibility, is action-oriented and provides for a future that is forward facing and self-directed.