



LIFE CHANGE & TRANSITIONS LLC

Michele Coppola Wilson, Transitions Coach

Specializing in Marriage Reconciliation, Separation and/or Divorce

Offices in Tinton Falls and Manasquan, NJ

www.mylifechangecoach.com

mylifechangecoach@gmail.com | 201-753-8485

POST-DIVORCE COACHING (Individual and Couple)

Post-Divorce Coaching for the Individual:

This Post-Divorce Coaching leads to a better, healthier you! and a better, healthier relationship post-divorce with your former spouse! When you can harness this kind of rational, liminal thinking and begin to create harmonious inner peace, you are better equipped to dealing with the difficult emotions as a Couple post-divorce. Leading by example creates the possibility of your former spouse modeling your behavior and consequentially becoming healthier in their interactions with you due to your changed behaviors.

Description of Services:

- Helps the Individual manage emotions and define goals while transitioning into a new life after divorce;
- Guides the Individual towards strategies on working to minimize fighting over post-judgment issues relating to parenting time, or co-parenting issues in an effort to help the Individual manage the new roles of parenting, maximizing the relationships with their child(ren) and learning ways to help their child(ren) cope with the new situation of divorce focusing on relationship restructuring and redefining; with an ultimate goal of staying connected emotionally, physically, and spiritually to their children;
- Advises the Individual on how to:
 - avoid future emotional and financial mistakes, clarify your priorities,
 - guiding you in building a strategy to build resilience and utilize your best strengths, providing you with educational resources to enable you to be a more informed client,
 - helping you develop better communication skills important for credibility, assisting you in understanding the potential pitfalls you may encounter and brainstorm ways to avoid mistakes, and finally,
 - presenting to you a foundation for your future by helping you to become proficient at letting go of old wounds and transitioning through this life



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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.

Post-Divorce Coaching for the Couple:

- ✓ Post-Divorce Coaching with respect to helping the Couple manage emotions and define goals while transitioning into a new life after divorce;
 - Guiding the Couple towards strategies on working to minimize fighting over post-judgment issues relating to parenting time, or co-parenting issues in an effort to help the Couple manage the new roles of parenting;
 - Maximizing the relationships with their child(ren) and learning ways to help their child(ren) cope with the new situation of divorce focusing on relationship restructuring and redefining, with an ultimate goal of staying connected emotionally, physically, and spiritually to their children;
 - Helping to heal some of the past wounds, if needed and desired, by the Couple in order to create a new healed relationship so that peace can be achieved between them, for them and for the benefit of their children.