



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 SPECIALIST

WHY I CREATED THIS SERVICE

When I was going through my divorce, I was struggling with getting the right help because I didn't realize that if I needed someone to help me, it needed to be someone who also went through a divorce and came out the other side. Therapists were always telling me about "moving on" and "letting go" and I so wanted to ask them if they had any clue as to what I was experiencing. I felt like they were reading lines to me from a textbook without any real understanding of the grief I was experiencing. I wanted to ask them if they were divorced but felt I didn't have the right to that personal information about them, so I didn't.

I needed to be around people that knew what I was feeling so I attended a divorce group at my local parish. It was a life saver for me. I learned that being around other people experiencing the same things as you was very comforting. It helped me to find new friends and discover new ways of dealing with the pain of divorce because there was always someone in the group that was a little more healed than me and also someone who seemed to need more help. In that space, I found myself and I connected with these people on a spiritual level where we found ourselves again.

I was then asked to run the program! What? I wasn't ready, I was newly divorced!! What did I know about helping others heal? Here is what I found out. You don't have to be completely healed to help others heal. You just need to listen. You need to meet them where they are and sit with them in that discomfort. Share in their pain by sharing your own experiences of loss. And then you walk with them on their path and help them discover their unique journey to become whole again!

BACKGROUND

I am a child of divorce. My parents divorced when I was 7 years old. My first marriage of 18 years ended in divorce. Both of those life changes has left me questioning a lot about why bad things happen to good people. My life now is exactly how I believe it was always supposed to be. I believe that everything I have been through has led me to where I am now.

Here is what I have come to know: God always answers us, sometimes it's a "yes", sometimes it's a "not yet" and most times, it is "I have a better plan for you". Getting divorced is never an easy thing. In fact, it is listed as the second largest cause for stress in a person's life next to the death of a spouse. But that doesn't mean this life change isn't something you can emerge from stronger and move into a future where you grow from this life change and become a healthier, happier person!

I have sat where you are sitting now, and I have looked for someone to help me get through this. I would love to be your Divorce Recovery Specialist because I know I can help you heal and find the life that is waiting for you!

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If you have been going to therapy for years and you still don't feel as if you are getting anywhere, give coaching a try!

It is so helpful to know that the person you are receiving help from has been divorced because then you know they are speaking from their own experience!

You also want that person to have moved on and healed, because the last thing you need is to be listening to their story and finding out that they still aren't ok, so then how are they going to help you be ok!

**WHEN YOU WANT TO BE SUCCESSFUL AT SOMETHING,
YOU FIND SOMEONE THAT HAS FOUND SUCCESS.**

**GETTING THROUGH YOUR DIVORCE AND FINDING YOUR NEW LIFE REQUIRES
A GUIDE WHO HAS SUCCEEDED IN MOVING ON FROM THEIR DIVORCE AND
PAST IT, INTO A NEW LIFE THAT IS HAPPY AND HEALTHY!**

I CAN HELP YOU DO THAT, BECAUSE I DID IT! LET ME SHOW YOU HOW!