



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

Description of Services:

- Divorce Coaching with respect to helping you to manage emotions and define your goals with respect to your pending divorce.
- Divorce Coaching can help by explaining the Court process as it relates to mediation and litigation and how to best navigate through this process to minimize stress and maximize rational decision making.
- Divorce Coaching with respect to helping guide you towards strategies on working together in a manner that helps 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.
- My services also include, but may not be limited to: avoiding 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 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.