



## The Divorce Manual

# Divorce coach

## Introduction

Your divorce coach can be an invaluable member of your mediation support team (Compass process option).

The separation and divorce experience is invariably hard for everyone for wide range of challenging emotional reasons (emotional circle) many of which are associated with loss (Grief cycle) and difficult to manage (how to manage difficult emotions).

On top of this most separating couples have important matters to sort out together arising from their separation which will requires them to be at their best, given the situation and how they might be feeling.

## The mediator/coach team

The Mediator helps separating couples to work together in mediation whilst the Coach supports individuals to bring their 'best self' into the mediation process, helping you them to

1. Understand the mediation process and what it is likely to require practically and emotionally
2. Prepare practically for the process which may include helping to clients to clarify their priorities, formulate their thinking and an approach as well as prepare financial documentation and a Parenting plan (where there are children).
3. Prepare emotionally for the process providing strategies to, among other things, manage strong emotions
4. Prepare to communicate in mediation in a way that is likely to lead to a successful outcome increasing their client's capacity to explore different ideas, viewpoints and perspectives.

All in all, the Coach helps their clients to build their capacity (clarity, confidence and courage) developing a conflict resolution competency so that, among other things, their clients come into mediation empowered, enabled and motivated to work with the mediator and their former partner to reach important decisions together.

## The separation journey

As well as the mediation journey couples will have to navigate and overcome the challenges of the separation journey including the shift from being in a couple relationship to solely being in a constructive coparenting relationship.

The Divorce Coach will act a guide around the Divorce Manual recommending what to read at each stage of your journey.



## The Divorce Manual

Here are some of the times you may benefit from having a Divorce Coach:

1. Deciding whether to divorce or not- Read the chapter guides- Thinking about separating
2. Deciding how to divorce- Read the chapter and guides-How to do your own divorce
3. How to use your solicitor to support you during your separation and mediation journey- Read the chapter- Solicitor supported mediation
4. Preparing to come into mediation to build a Parenting Plan- Read the chapter- How to create a Parenting plan
5. Preparing to tell your children- Have a look at the guide- How to tell your kids in the Coparenting chapter
6. Help you understand the mediation process and what it will require of you-Read the chapter-Thinking about separating and the sections: What is mediation and what do mediators do
7. Help you to prepare to communicate with your former partner in and outside mediation- Read the chapter- How to prepare to communicate

Someone who is there for you, just you, who can work with you to build your confidence and resilience to tackle the wide range of challenges that separation, divorce and mediation will present.

### Summary

Far too many separating couples never make it to mediation because of their fears and beliefs that they will not be able to reach a fair outcome with their former partner and, if they do come into mediation, far too many couples fail in mediation because of something that happens in between sessions which derails the whole process.

This is very much where your Divorce Coach can help and is worth their weight in gold.

If they can help their clients not only stick with mediation but work successfully with their former partner to reach successful outcomes in mediation they will have save their clients a huge amount of stress and costs.

Not only that, the Divorce coach can also continue to work with their clients helping them to construct new positive future narratives and lives for themselves.

What can be more valuable than that for yourself and your children.

### John E Hind- Mediator and Divorce coach

Author-The Divorce Manual