



## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### OBJECTIVE

This section provides a structured checklist to help you research, select, and engage with a **Divorce Coach**. Implementing these actionable steps ensures that you receive the necessary emotional and practical support during your divorce journey, enhancing your ability to navigate challenges with confidence and clarity.

This master checklist serves as a comprehensive guide to engaging with a **Divorce Coach**. By following these steps, you can ensure that you select a qualified professional who aligns with your needs and goals, and establish a productive coaching relationship that supports your divorce process.

### SELF ASSESSEMENT CHECK LIST

- ☐ RESEARCH AND SELECT A DIVORCE COACH
- ☐ SCHEDULE COACHING SESSIONS
- ☐ PREPARE FOR YOUR FIRST SESSION
- ☐ SET CLEAR GOALS WITH YOUR COACH
- ☐ MAINTAIN CONSISTENT COMMUNICATION
- ☐ EVALUATE THE COACHING PROCESS
- ☐ ADJUST COACHING PLAN AS NEEDED
- ☐ UTILITIZE COACHING RESOURCES AND TOOLS
- ☐ PROVIDE FEEDBACK TO YOUR COACH
- ☐ CONCLUDE COACHING RELATIONSHIP PROFESSIONALLY



## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 1. RESEARCH AND SELECT A DIVORCE COACH

Selecting the right Divorce Coach is crucial for receiving tailored support that addresses your unique needs and circumstances. A qualified Divorce Coach can provide guidance, emotional support, and practical strategies to help you manage the complexities of divorce effectively.



#### LOOK FOR CERTIFIED PROFESSIONALS

Start by searching for Divorce Coaches who hold certifications from reputable organizations such as the International Coach Federation (ICF). It is important to verify their credentials to ensure they have specialized training in divorce coaching. This step guarantees that the coach you choose adheres to professional standards and possesses the necessary expertise to assist you effectively.



#### ASSESS EXPERIENCE AND EXPERTISE

Evaluate the coach's experience in handling cases similar to yours, including any specific areas of expertise like co-parenting, financial planning, or emotional healing. Additionally, review testimonials or client reviews to gauge their effectiveness and client satisfaction. This assessment helps you determine whether the coach has a proven track record of success and can address your specific needs.



#### EVALUATE COMPATIBILITY

Schedule initial consultations with potential coaches to assess their communication style and approach. During these meetings, ensure that you feel comfortable and understood by the coach, as a strong rapport is essential for a productive coaching relationship. Compatibility with your coach will enhance the effectiveness of your sessions and support your overall journey.



#### UNDERSTAND THEIR APPROACH

Inquire about the coach's methodologies and strategies to ensure they align with your personal preferences and goals. Discuss their coaching philosophy to confirm that it complements your desired outcomes. Understanding their approach helps you select a coach whose methods resonate with you, ensuring a more harmonious and effective coaching experience.

e.g., "Found and scheduled an initial consultation with a certified Divorce Coach who specializes in co-parenting."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 2. SCHEDULE COACHING SESSIONS

Consistent coaching sessions provide ongoing support and accountability, helping you stay focused on your objectives and navigate challenges effectively. Scheduling regular meetings ensures that you maintain momentum and continuously work towards your personal and relational goals.



#### DETERMINE SESSION FREQUENCY

Decide how often you would like to meet with your Divorce Coach (e.g., weekly, bi-weekly, monthly) based on your needs and the intensity of support required. This decision should reflect the level of guidance you feel you need and your personal schedule, ensuring that the coaching sessions are both effective and manageable.



#### SET A COACHING SCHEDULE

Coordinate with your coach to establish a consistent meeting schedule that fits both of your calendars. Utilize digital calendars or scheduling tools to keep track of upcoming sessions and avoid conflicts. Maintaining a regular schedule helps you stay committed and ensures that your coaching remains a priority.



#### PREPARE FOR EACH SESSION

Schedule initial consultations with potential coaches to assess their communication style and approach. During these meetings, ensure that you feel comfortable and understood by the coach, as a strong rapport is essential for a productive coaching relationship. Compatibility with your coach will enhance the effectiveness of your sessions and support your overall journey.



#### COMMIT TO ATTENDANCE

Inquire about the coach's methodologies and strategies to ensure they align with your personal preferences and goals. Discuss their coaching philosophy to confirm that it complements your desired outcomes. Understanding their approach helps you select a coach whose methods resonate with you, ensuring a more harmonious and effective coaching experience.

e.g., "Scheduled bi-weekly coaching sessions every Tuesday at 10 AM to discuss emotional well-being and goal progress."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 3. PREPARE FOR YOUR FIRST SESSION

Preparing for your first coaching session helps you clearly articulate your needs, goals, and expectations. This preparation ensures that your coach can tailor their support effectively from the outset.



#### DEFINE YOUR GOALS

Reflect on what you hope to achieve through coaching, such as emotional healing, effective co-parenting strategies, or financial planning. Clearly defining your goals provides direction and helps your coach understand how best to support you.



#### GATHER RELEVANT INFORMATION

Compile any documents or information that might be pertinent to your coaching, such as financial statements, custody agreements, or personal journals. Having these materials ready allows for a more informed and productive coaching session.



#### PREPARE QUESTIONS

List any questions or concerns you want to address with your coach to ensure all your needs are met during the session. This preparation helps you stay focused and ensures that you cover all important topics.



#### SET INTENTIONS

Consider what you want to focus on during the session and how you want to approach your coaching journey. Setting clear intentions helps you stay aligned with your objectives and makes your coaching experience more meaningful.

e.g., "Prepared a list of goals including improving communication with my spouse and managing stress."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 4. SET CLEAR GOALS WITH YOUR COACH

Setting clear goals provides direction and focus for your coaching journey. SMART goals ensure that your objectives are well-defined and attainable, facilitating meaningful progress and accountability.



#### IDENTIFY KEY AREAS OF FOCUS

Determine the main aspects of your life you want to address, such as emotional well-being, financial independence, or co-parenting effectiveness. Identifying these areas helps prioritize your efforts and ensures that your coaching sessions are aligned with your most important needs.



#### DEVELOP (S.M.A.R.T.) GOALS

Create goals that are Specific, Measurable, Achievable, Relevant, and Time-Bound. For example, a specific goal could be to "reduce stress by practicing mindfulness for 10 minutes daily within the next three months." SMART goals provide clarity and a structured path to achieving your desired outcomes.



#### COLLABORATE WITH YOUR COACH

Work together with your coach to refine and prioritize your goals, ensuring they are aligned with your needs and circumstances. This collaboration ensures that your goals are realistic and tailored to your unique situation.



#### DOCUMENT YOUR GOALS

Write down your goals and keep them accessible for regular review and adjustment as needed. Documenting your goals helps you stay committed and allows you to track your progress effectively.

e.g., "Set a SMART goal to reduce stress by practicing mindfulness for 10 minutes daily within the next three months."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 5. MAINTAIN CONSISTENT COMMUNICATION

Consistent communication fosters a strong coaching relationship and ensures that you remain aligned with your goals. Regular updates and open dialogue help address any emerging challenges promptly and adjust strategies as needed.



#### BE OPEN AND HONEST

Share your true feelings, challenges, and successes with your coach to receive the most effective support. Transparency allows your coach to understand your situation fully and provide tailored guidance.



#### PROVIDE FEEDBACK

Offer constructive feedback on the coaching process to help your coach tailor their approach to better suit your needs. This feedback can enhance the effectiveness of your sessions and ensure that your coaching experience is as beneficial as possible.



#### STAY ENGAGED BETWEEN SESSIONS

Implement the strategies and actions discussed during coaching sessions and track your progress regularly. Staying engaged ensures that you continue to make progress and apply the insights gained from your coaching.



#### UTILIZE COMMUNICATION TOOLS

Use email, messaging apps, or coaching platforms to stay in touch with your coach between sessions if needed. These tools facilitate ongoing support and allow for timely communication of any urgent matters.

e.g., "Provided feedback after each session to help the coach better understand my needs and adjust strategies accordingly."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 6. EVALUATE COACHING PROGRESS

Evaluating your progress helps you stay on track and make necessary adjustments to your coaching plan. It ensures that the coaching relationship remains productive and aligned with your evolving needs.



#### SET MILESTONES

Establish key milestones to measure your progress toward each of your goals. Milestones provide checkpoints that help you track your advancement and stay motivated as you achieve each step.



#### REVIEW GOALS REGULARLY

Assess whether your goals remain relevant and adjust them as needed based on your progress and changing circumstances. Regularly reviewing your goals ensures they continue to align with your current situation and aspirations.



#### DISCUSS PROGRESS WITH YOUR COACH

Use coaching sessions to review what has been achieved and identify areas that may need additional focus. Discussing your progress with your coach allows for real-time adjustments and reinforces your commitment to your goals.



#### CELEBRATE ACHIEVEMENTS

Acknowledge and celebrate your successes to maintain motivation and positive momentum. Celebrating achievements reinforces your progress and encourages continued effort towards your goals.

e.g., "Reviewed progress towards reducing stress and successfully incorporated daily mindfulness practices."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 7. ADJUST COACHING PLAN AS NEEDED

Flexibility in your coaching plan allows you to adapt to new challenges and opportunities, ensuring that your coaching remains effective and relevant throughout your divorce journey.



#### IDENTIFY AREAS FOR CHANGE

Establish key milestones to measure your progress toward each of your goals. Milestones provide checkpoints that help you track your advancement and stay motivated as you achieve each step.



#### COLLABORATE WITH YOUR COACH

Assess whether your goals remain relevant and adjust them as needed based on your progress and changing circumstances. Regularly reviewing your goals ensures they continue to align with your current situation and aspirations.



#### IMPLEMENT ADJUSTMENTS

Use coaching sessions to review what has been achieved and identify areas that may need additional focus. Discussing your progress with your coach allows for real-time adjustments and reinforces your commitment to your goals.



#### STAY OPEN TO NEW APPROACHES

Acknowledge and celebrate your successes to maintain motivation and positive momentum. Celebrating achievements reinforces your progress and encourages continued effort towards your goals.

e.g., "Adjusted coaching focus to include financial planning alongside emotional support."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 8. UTILIZE COACHING RESOURCES AND TOOLS

Divorce Coaches often provide a range of resources, including worksheets, exercises, and informational materials, to aid in your personal development and goal achievement. Utilizing these tools can enhance your understanding and application of coaching strategies.



#### ACCESS PROVIDED MATERIALS

Utilize any worksheets, guides, or reading materials your coach supplies to deepen your insights and skills. These materials can offer structured approaches to tackling specific issues and reinforce the concepts discussed during sessions.



#### ENGAGE IN EXERCISES

Complete any recommended exercises or activities to reinforce learning and personal growth. Actively participating in these exercises helps you internalize new strategies and apply them effectively in your daily life.



#### APPLY STRATEGIES PRACTICALLY

Implement the strategies discussed during coaching sessions in your daily life to see tangible improvements. Practical application ensures that the coaching insights translate into real-world benefits.



#### REVIEW ADDITIONAL RESOURCES

Explore supplementary resources such as books, articles, or online courses recommended by your coach. These additional resources can provide further knowledge and support your ongoing development.

e.g., "Completed mindfulness exercises and used the provided budgeting worksheet to manage finances."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 9. PROVIDE FEEDBACK TO YOUR COACH

Feedback is essential for refining the coaching relationship and ensuring that it effectively meets your needs. Constructive feedback helps your coach adjust their approach to better support your progress.



#### REFLECT ON SESSIONS

Consider what aspects of coaching are working well and which areas may need improvement. Reflecting on your sessions allows you to identify strengths and areas for enhancement in your coaching experience.



#### COMMUNICATE EFFECTIVELY

Share your reflections openly with your coach, highlighting specific elements you find helpful or areas that require change. Effective communication ensures that your coach is aware of your needs and can adjust their approach accordingly.



#### SUGGEST IMPROVEMENTS

Offer suggestions on how the coaching sessions can be more beneficial for your personal growth and goal achievement. Proactively suggesting improvements can enhance the effectiveness of your coaching relationship.



#### ACKNOWLEDGE POSITIVES

Recognize and appreciate the support and strategies that have positively impacted your journey. Acknowledging positives fosters a positive coaching environment and reinforces successful strategies.

e.g., "Appreciated the emotional support provided and suggested incorporating more financial planning into sessions."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK

### 10. CONCLUDE COACHING RELATIONSHIP PROFESSIONALLY

Concluding the coaching relationship professionally ensures a respectful and positive closure, allowing you to reflect on the progress made and apply the strategies learned independently.



#### REVIEW ACHIEVEMENTS

Assess the progress you've made towards your goals and acknowledge the milestones achieved during coaching. Reviewing your achievements provides a sense of accomplishment and clarity on your growth.



#### DISCUSS TERMINATION WITH YOUR COACH

Have a final discussion with your coach to review your journey, provide feedback, and express gratitude for their support. This conversation ensures a respectful and thoughtful conclusion to your coaching relationship.



#### CREATE A MAINTENANCE PLAN

Develop a plan to continue applying the strategies and tools learned during coaching to sustain your progress. A maintenance plan helps you retain the benefits of coaching and continue your personal development independently.



#### STAY CONNECTED (OPTIONAL)

Decide whether you wish to maintain occasional contact with your coach for future support or updates. Staying connected can provide ongoing encouragement and guidance as needed.

e.g., "Reviewed progress with my coach, expressed gratitude, and created a plan to continue mindfulness practices independently."



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## ENGAGING WITH YOUR DIVORCE COACH WORKBOOK



Engaging with a **Divorce Coach** is a pivotal step in navigating the emotional and practical challenges of divorce. By diligently following the actionable steps outlined in this section, you ensure that you receive personalized support tailored to your unique situation. Researching and selecting a qualified **Divorce Coach** lays the foundation for a productive coaching relationship, while scheduling regular sessions and maintaining consistent communication fosters continuous progress toward your goals.

Setting clear, achievable goals with your coach provides direction and focus, enabling you to address emotional, financial, and relational aspects of your divorce with confidence. Utilizing the resources and tools provided by your coach enhances your ability to implement effective strategies and achieve meaningful growth. Regularly evaluating your progress and providing feedback ensures that the coaching process remains aligned with your evolving needs, while maintaining flexibility allows you to adapt to changing circumstances.

Prioritizing your well-being through consistent self-care and seeking professional advice further supports your journey toward a stable and positive future. By embracing this structured and proactive approach, you empower yourself to navigate the complexities of divorce with resilience and clarity, paving the way for a fulfilling and empowered new chapter in your life.

*Tracey Cousineau*