

**Cathay Meyer**  
**Master Certified Divorce Coach**

*Turn Your Divorce Experience Into an Empowered New Beginning*

Hi, There! I Help Women & Men Find Their Way To Empowerment  
During and After Divorce

When introducing ourselves, I guess we all have two versions; the official version that houses our degrees, awards, certifications, and all things that make us who we are professionally so I'll give you that version first.

### **The Official Me**



I am a Master Certified Coach (MCC) through the International Coaching Federation – an internationally recognized leader in the field of coaching education, a Marriage Educator, and a Legal Investigator. I also have a Master's Degree in Psychology. Before starting my own company, 15 years ago, helping folks navigate the emotional and legal aspects of the divorce process or, build stronger marriages, I was a stay-at-home mom for 13 years.

During my career, I've worn a few hats. I began my career as a Divorce Coach and Marriage Educator and, over the years, started writing about all aspects of divorce online. For 11 years I was the Divorce Support Expert for About.com. You can find me published in The Huffington Post, Your Tango, and several other major publications.

Five years ago, I launched [DivorcedMoms.com](http://DivorcedMoms.com). An online resource for divorcing and divorced women. That website eventually sold to [Divorce Marketing Group](http://Divorce Marketing Group) of Toronto and I stayed on as the Managing Editor. The most rewarding aspect of creating a resource for women is knowing that our visitors, up to 390,000 a month, find valuable information to help them navigate and rebuild after divorce.

I'm lucky to have a two-pronged career. One that enables me to help thousands of women monthly and, at the same time work one-on-one with individual divorcing clients as a coach and mentor. I glue back together those who are feeling as if they've come unglued.

### **I specialize in helping clients in the following areas:**

- Getting Unstuck,
- Fulfilling Untapped Potential,
- Navigating the Emotional and Legal Land field of Divorce,
- Co-Parenting with a Difficult Ex
- Dealing with a Toxic Narcissistic or Passive Aggressive Ex,
- Work/Life/Relationship Balance Issues,
- Removing Fears Surrounding Rebuilding and Moving on With Their Life,
- Setting Realistic Expectations,
- Clarify Thoughts, Needs, and Concerns,
- Getting in Touch with Personal Strengths,
- Provide Support, Motivation, and Encouragement

### **The Not So Official Me**

I am a woman who, like many of you, had to face divorce and rebuilding my life despite the loss I felt and the adversity that comes along with being tied up in the Family Court System and dealing with an angry ex once the divorce was final.

I was nervous.

I was scared.

And consequently,

I felt powerless.

So, how'd I snap out of it?

I feel safe in saying that, after my divorce I hit rock bottom. I didn't know which way was up or what my next step should be. I lost a shit-ton of weight, questioned my every move and couldn't fathom moving forward without the identity of "his wife."

(And in case I forgot to mention, I had two sons who were watching all this go down.)

I knew that wasn't cool, that I didn't want to be the kind of parent who taught them weakness instead of strength.

The best part, though, they were both fantastic role models and taught me a lot.

It didn't happen overnight. And, no, it didn't happen without putting in some SERIOUS work. But, it did happen A LOT faster than I could have ever imagined.

And, if I can dig myself out of that hole of doubt and insecurity, you can, too.

I believe it's your time to join me and others in the ranks of EMPOWERED DIVORCEES who know their value, know their desires, and kick ass at making their dreams come to fruition.

## **Let's Work Together!**

### **My free offer**

I'm offering a 30-minute Zoom Coaching session and a 30% discount on any of my concierge services or group Coaching packages.