

Divorce Recovery & Co-Parenting Coaching

Fee Schedule & Intake Information

Individual Coaching Sessions

Service	Duration	Fee (AUD)
Initial Coaching Session	60 minutes	\$180
Standard Coaching Session	60 minutes	\$150
Extended Session (Complex Matters)	90 minutes	\$220

Coaching Packages

Package	Inclusions	Fee (AUD)
Foundation Package	3 Sessions	\$420
Adjustment Package	5 Sessions	\$700
Progression Package	6 Sessions	\$810

Add-On Supports

Service	Fee
Written Progress Summary (if requested)	\$95
Preparation Session Prior to Mediation / Legal Meeting	\$150
Phone Check-In (30 minutes)	\$75

Payment Terms

- Payment is required prior to each session or upfront for packages.
- Packages are to be used within three months of commencement.
- 24 hours' notice is required for rescheduling.
- This is a coaching service and does not provide therapy or legal advice.

Intake Process – What to Expect

Step 1 — Initial Enquiry

A brief phone or email discussion to explain the coaching process, answer questions, and confirm suitability. There is no obligation at this stage.

Step 2 — Intake Questionnaire

You will complete a short confidential form outlining current parenting arrangements, key concerns, and goals for coaching. This is not an assessment — it simply guides session planning.

Step 3 — Initial Coaching Session

The first session focuses on understanding immediate challenges, identifying practical strategies, and establishing clear goals to move forward.

Step 4 — Personalised Coaching Plan

Together we develop a structured plan that supports emotional regulation, communication skills, and child-focused co-parenting strategies.

Our Coaching Principles

- Child-Focused — Supporting outcomes that prioritise children's wellbeing.
- Practical — Providing real-world strategies rather than clinical intervention.
- Forward-Looking — Building workable parenting arrangements for the future.