

Lemonade Life Coaching

Divorce Care / Setback Recovery Care

One size does NOT fit all!

If you are currently in the process of a divorce or other major setback, this program is purposely designed to NOT have a specific structure, agenda, or timeline.

Together, each week, we will determine your greatest needs, the topics you wish to focus on, and the areas you need help with the most.

You will be able to start/stop your coaching sessions whenever you feel you need to without any obligation or commitment and you can pay as you go. There will not be a set curriculum for this program because more than likely, you're probably facing a great deal of uncertainty and unpredictability which makes it necessary to proceed with sensitivity, awareness, and flexibility. We'll make adjustments as we go.

Therefore, you will be in the driver's seat!

Some Topics to Consider:

- Grief
- Anger
- Self-care
- Finding balance
- Processing mental/emotional impacts
- Family dynamics/relationships
- Support systems
- Spirituality
- Fears
- Self-esteem
- Identity
- Logistics - legal, financial, housing, career, etc.
- Co-parenting
- Creative outlets
- Goal setting
- Boundaries

What's Included:

Personal journal
Customized workbook
Personalized coaching tools
Weekly sessions
\$75/session

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Whatever else is important to you!

