5 Reasons to Hire a Divorce Coach

A divorce coach has skills in communication, mediation and counseling. They can help you attain a new perspective and think beyond the traditional definitions and stereotypes about divorce. Divorce coaching is not therapy or counseling, it is support and guidance for someone going through divorce so they can make better decisions. Here at the top 5 reasons why I recommend coaching for my clients.



I recommend divorce coaches in all my cases because they help my clients get clear on their goals and concerns, communicate more effectively, advocate for themselves more productively, and not get trapped in the same dysfunctional patterns of behavior with their spouse that was ever-present during their marriage.

As a Divorce Lawyer, Why I Recommend Clients Hire a Divorce Coach

1. Save You Money: Divorce coaches help you with non-legal decisions in a collaborative divorce that don't require the services of a divorce lawyer. Typically, the hourly rate of a collaborative divorce coach is significantly lower than the rate of a divorce lawyer. A divorce coach can help you overcome the emotional challenges as well as the practical ones, and by doing so, they help you save money and time, explains certified professional coach Liza Caldwell.

2. Set Reasonable Goals: This is most likely your first divorce. You are angry and hurt. Well-meaning friends and families are giving you advice. The Divorcierge, Karen Bigman, says a coach can help you set realistic divorce goals. "By educating yourself about the options available and finding the right resources you can help ease the stress and reduce the amount of time, money and emotional energy you invest in the process."

3. Help You Communicate: Divorce is one of the most stressful periods of your life. When you're under stress, under financial pressure or feeling scared or trapped, it can be difficult for you to communicate effectively – or to communicate at all. A divorce coach can help you express your goals and feelings to your spouse, your attorney, your family and your friends. Lauren Behrman, Ph.D., explains, "Having a professional to facilitate difficult conversations and teach parents conflict resolution, problem-solving and communication skills strengthens the parenting team as

they transition to the new family constellation."

4. Speed Up The Process: Any divorce – collaborative or adversarial – can face roadblocks that prevent the process from moving forward. A divorce coach has the experience and skills to spot and prevent obstacles that can unnecessarily slow down your divorce. Poor communication, financial disagreements and anger are typical roadblocks that a divorce coach can help you navigate.

5. Paperwork Organization, Completion and Deadlines: A divorce coach can help you manage the paperwork that is generated by the divorce process. Divorcing people can get overwhelmed by the amount and variety of documents that need to be completed and submitted: financial forms, taxes, custody agreements, property sales and purchases – the paperwork mound can be endless. "The decisions you are going to be forced to make during your divorce have real and long-lasting repercussions, so you really can't afford to screw them up," says divorce coach Karen McMahon.

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