

# Providing Emotional Support and Guidance Through Your Divorce Process and Difficult Times Since 1998.

“New beginnings are often disguised as painful endings.”  
— Lao Tzu



Rarely is anyone fully prepared to deal with all of the nuances of divorce. This is true whether you are the one initiating or responding.

- ❁ Be empowered and develop a sense of control.
- ❁ Be prepared for this life transition.
- ❁ Be ready to welcome a new and better life!
- ❁ Contact me for a coaching session today.
- ❁ Let's heal your heart.



Be part of my divorce recovery program. For more information or to make an appointment, contact me at:

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## What to Expect Before, During and After Divorce

### SHOULD I LEAVE OR STAY IN MY MARRIAGE?

- I have been betrayed.
- I have been devalued.
- I do not feel appreciated.
- I am not happy anymore.

### NOW THAT THE DIVORCE IS IN PROCESS...

- How do I talk to my children about divorce?
- I do not understand how this will unfold.
- I do not understand the divorce paperwork.
- Can we fast forward to getting this done?
- I am confused about my future.

### THE DIVORCE HAS BEEN FINALIZED BUT...

- I feel like he/she won everything.
- I do not understand the visitation schedules.
- I will never find love again.
- I will never trust or get married again.
- How do I introduce a new significant other?

## What is Coaching?

Coaching Sessions will help you make better decisions that directly impact your future. Coaching is not therapy. While therapy focuses on feelings and understanding the past, coaching is action oriented. Coaching requires a mastery of advanced communication and skills, coupled with experience, knowledge and a special commitment to helping other flourish. Coaching is not about giving you the answers. It is really about helping you figure out your own answers.

### Sessions Recommended

This depends on what you want to achieve with your coaching. In divorce transitions we look at smaller goals that need to be achieved during each session to move you closer to your overall goal. For some people this may take as little as eight sessions and for others it will be more. It is a very personal decision based on your individual goal or situation.

## Why Choose Yanira as Your Divorce Coach?

**Certification:** With over 20 years of experience working on cases with clients going through divorce, I can explain in easy to understand terms your divorce process from beginning to end.

**Networking:** Over the years I have met many outstanding attorneys and mediators to which I can refer you.

**Organization:** Documentation for many people is the most confusing and stressing part in the divorce process. I can help you read and organize documents that, in some cases, will be required by your attorney.

Overall, with me as your Coach, you will benefit with guidance through your divorce process. I will help you prepare for the changes yet to come. Most importantly, you will always have emotional support because it is not easy to go through a life changing event alone.



**PLEASE NOTE:** *Although I am familiar with divorce processes, I am not an attorney and do not provide legal advice.*

### Topics you can address with me as coach:

- How to communicate with your spouse/former spouse
- How to cope with anxiety, fear, insecurity
- How to get through the grief cycle
- How to deal with self-esteem issues
- How to adjust to your new life

## Benefits of Coaching

### 1. EMOTIONAL SUPPORT

A break up is often compared with a death of a loved one as the person that once you trusted, loved and cherished is no longer there for you. There will be periods of mourning and hurt, but just like when we overcome the death of a loved one, this one too shall pass! Keeping your emotions in check while going through your divorce will help you to make better decisions. Composure is important when meeting with your attorney as you will need a clear head to make the right demands.

### 2. CHILDREN

In many instances, we are too busy dealing with our own emotions without realizing the impact the divorce has on our children. Their world has changed too. If visitations are ordered after the divorce or separation, the contact with an ex is inevitable and it will be there for years to come. I will refer you to materials that will teach you how to talk to your children about the situation as well as how to take control of your emotions to make the necessary efforts to “make nice” with your ex for the sake of your children. After all, they are the collateral damage and they have gone through enough in the process.

### 3. SURVIVING DIVORCE

Congratulations your divorce is over! Now what? Many of us think that when a divorce dispute is over all the problems end. Wrong. Soon we realize that another set of problems arises. Insecurity, low self-esteem, anger, resentment and hopelessness are only a few of the issues that a single person/ parent has to deal with after a divorce. Some situations are harder than others but with guidance, you can transform negative emotions into positive actions. Organization, independence, strength and self-worth will stay with you always. You will find out you have the courage to do it all!

**“Healing doesn’t mean the damage never existed, it means the damage no longer controls our lives.”**

**— Akshay Dubey**