



Coaching & Consulting  
*It's Time to Rise!*

# HOW TO HELP YOUR DIVORCING PARENT(S)

GET THE EMOTIONAL HELP THEY NEED



*You've got the legal protocol down. But what do you say when your divorcing parents are struggling to focus on what's really important...their children?*

Sometimes people don't want to seek support because (a) they feel they should be able to "handle it" or (b) they honestly don't know where to turn. Here are a few words & phrases you can use to guide your clients to seek help so you can focus on what you do best, the legalities of their divorce.

**1** Divorce is a very difficult time in **everyone's** life. You are not alone. Did you know that the emotional cycle of divorce is the same as the emotional cycle of losing someone to death? Divorce is not easy for anyone and my clients (& their children) who have accepted the guidance of a divorce coach/therapist have gotten through it and are now thriving.

**2** I am so happy to listen and I know that this is such a difficult/painful/arduous process. I truly want to do the very best job for you. Perhaps you might find it helpful to meet with a divorce coach/therapist a couple of times.  
(By saying "a couple of times" the referral seems less "I think that you are certifiable" and maintains the dignity of the person.)

**3** I understand that this is an overwhelming situation and I have found that my clients who work with a divorce coach/therapist through this process are more focused, level-headed, and less stressed. If you are interested I am happy to connect you with someone I highly recommend.

**4** It seems as though you have a lot of emotions that you are feeling right now, while I am willing to listen, supporting you emotionally is beyond my expertise. Maybe you would consider having a chat with a divorce coach/therapist. I have someone I can recommend that is highly qualified and more affordable too.



Hi, I'm Janet Price. I am a Divorce, Co-Parenting, & Life Transition Coach. I understand & know first-hand what your divorcing parents are going through.

My parents divorced when I was in 6th grade & I have spent much of my life internally trying to overcome the "trauma" my parent's divorce had on me. From the outside, most people would think that I am confident, secure, and have no problem building relationships with others. The truth is, I had to push through many emotional wounds created through the divorce of my parents in order to have success in my life. Even today I have stuff to work on!

Through my journey, I have become conscious to many decisions that I have made in my life that were UNconsciously made in an effort to try and resolve my less than positive childhood experiences. These UNconscious decisions impacted my relationship with my parents, my first marriage, and my co-parenting relationship for many years.

It is my mission to end the generational cycle of pain & suffering caused when parents UNconsciously co-parent so that the children, their children, and their future children experience the freedom & joy of happy, healthy childhoods raised in strong, loving child-focused home environments.

*At Janet Price Coaching & Consulting, I support parents & children in divorce & beyond by providing innovative tools, strategies, & solutions that minimize the impact of divorce trauma for families to move from surviving to THRIVING.*



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