

Mrs. To Ms.: Breakdown to Breakthrough, 6 months*

- Free initial consultation (approx. 30 minutes)
- 24 one-hour weekly sessions (or every other week for 12 months)
- Restore your self-esteem
- Come to terms with/accept your divorce
- Manage your emotions under pressure
- Self-Care strategies in the midst of stress
- How to deal with loneliness and not go crazy or do something out of character
- Develop a plan for tracking and managing finances
- Setting boundaries with your former spouse so you don't feel taken advantage of
- Keys to well-adjusted kids
- Forgiving the unforgivable
- Not letting the past hold your future hostage – learn the key to not getting stuck
- When and how to go about exploring new relationships, plus when to involve the kids
- Rebuilding areas of your life
- Worksheets and assessments
- Email support for the duration of the coaching
- **BONUS:** Secret Facebook Group

Restore Package is \$999 upfront, or six monthly installments of \$175