

The Divorce Coaching Academy



Prospectus



Vision

To be recognized by our stakeholders as being the gold standard training providers of the highest quality, accredited Diplomas in Divorce Coaching and Continuing Education for professionals working in the field of divorce.

Mission

To pioneer excellence in divorce coach training, to advance and professionalise divorce coaching, and to make a positive impact on the experience of divorce for individuals, organisations and society.

Values

Community, Openness, Honesty, Authenticity, Ethical Practice, Respect, Friendly, Collaboration, Trust.

Experience of the Founders

Between us we have:

- 45 years of award-winning excellence in education providing teaching, learning and curriculum development
- 60 years of personal and professional experience of divorce from the perspective of adults and children of divorce
- 50 years of combined business experience
- 60 years of coaching and mentoring
- Award winning published authors, educators and public speakers
- 2 MBAs, a PhD and a Chartered Psychologist

Courses on Offer

Accredited Diploma in professional Divorce Coaching – 14 weeks (6 hours a week) intensive theory and practice programme

12 months mentoring and supervision post-graduation

12 months free entry into International Divorce Coaches Directory

Plus

Short and long continuing education courses in a variety of specialisms including

- Coaching for co-parenting and blended families (S)
- Working with children of divorce – Magical U (L)
- Emotional intelligence (S)
- High conflict divorce (S)
- Sliver Splitters (S)
- Discernment Coaching (L)
- Pre-mediation Coaching (L)
- Recognising Domestic Abuse (S)
- Working with families with children with Special and Additional Needs
- Preparation to help clients being a witness in court

Master Practitioner

The Diploma in Professional Divorce Coaching can be extended to a Master Practitioner status by adding additional related courses which add up to 36 hours theory and includes a practical element either in class or in addition. Speak to tutors to see what courses qualify.

Meet the founders:

Dr Sue Palmer-Conn PhD, C.Psychol. MBA – Principal



Sue has worked in education in all sectors from pre-school to higher education. She has won national and international awards and accolades for excellence in curriculum innovation and design. As a Chartered Psychologist, Sue brings a wealth of knowledge about human behaviour, relationships and the psychology of communication, conflict and child development.

As a teenager, Sue was an international swimmer then as an adult she competed in GB, European and World masters in swimming and modern triathlon. Sue divorced at the age of 50 after 25 years of marriage and two grown up sons. The year after her divorce she completed a round-the-world lecture tour.

Sue sits on the Resolution National Committee for Parenting after Parting.

Sue holds the following coaching qualifications: Certified Divorce Coach, Certified Divorce Specialist, diplomas in personal, professional and education coaching, certified relationship coach, master certified health and wellness coach, diploma in emotional intelligence, master NLP practitioner, harmonizing wellbeing practitioner, passion mapping practitioner, Magical U trainer. Sue, aka the Divorce Doctor, started her coaching practice in 2008, gradually specialising in divorce and divorce recovery and has worked with over 1000 men, women and couples at all stages of their divorce journey and has also worked with children of divorce who have emotional problems.

Ms Mel Murphy MBA – VP Ireland



Melanie Murphy is Ireland's Professional Divorce Coach- As a CDC Certified Divorce Coach, Oxford College qualified Personal Finance Coach and Wellness Coach, she is a member of the Association for Coaching Ireland and has been a Personal, Executive, Business and Life Coach for over 12 years. She is the founder and CEO of www.divorcecoachingireland.com which provides online courses, workshops, 1:1 coaching, public speaking opportunities and a wide network of support services for those impacted by separation and divorce.

Melanie has an MBA in International Business and is PMP certified, she brings over 25 years of business experience from global positions at Fortune Top 20 companies as well as successful start-up cultures. She is an Irish Times bestselling author and has contribute to two best-selling books 'We Summit Together- A Collection of Empowering Stories by Empowered Women' and 'Activate Your Life- Transformational Exercises from Coaches around the World'.

Melanie is a Domestic Abuse survivor, and her ex-husband and she now successfully co-parent their two young children who are flourishing. She is passionate about helping separated families learn how to co-parent effectively. Melanie believes in living your best life despite divorce. She has taken part in the Ironman, Olympic Triathlons and run two marathons. She is a globetrotter who has visited over 52 countries and all 7 continents, thriving through culture and diversity. Her other passions are singing and jazz, artistic pursuits, and being in nature.

Mr Tom Nash – VP UK



Tom, aka, Mr Divorce Coach, has lived and breathed divorce, family courts, co- & parallel parenting, and blended families for almost his entire life. A young child of his parents' divorce (3 yrs old) and later in life as the husband and father, co-parent and step-father of his own divorce, he has witnessed and experienced first-hand a multitude of situations. These personal experiences led Tom to retrain in 2018/19 securing certified accreditations in both Life & Business Coaching, as well as becoming a Master Practitioner in: Neuro-Linguistic Programming, TimeLine Therapy, Hypnotherapy, NLP Master Coach and more.

An Associate Member of Resolution, Tom sits on the We Can Work It Out national committee pod, focussing on such NCDR's as Collaborative Family Law, advising on emotional wellbeing, positive mindset coaching & communication strategies.

Working with either individuals and/or couples to un-couple in a positive away, Tom's goal is to ensure a new and different approach that is sustainable and successful for both adults and ultimately the child(ren) involved, assisting his client(s) to Understand, Evolve & Improve through their divorce journey.

Tom's background prior to Divorce Coaching was as the Partner & Director of multiple award winning global recruitment businesses (Sunday Times 100 & Virgin Fast-Track 100). He is also a successful YouTube & Podcast host and international guest speaker, a co-founder of the Divorce Coaching Podcast and mental health advocate.

Happily divorced, Tom is a successful co-parent and thriving blended family man.

Core Curriculum:

The core curriculum is organised into 6 modules. After the introductory module, each module follows the 7 Cs which clients will need to navigate throughout their divorce journey.

Communication – learning and teaching effective communication skills is core to coaching

Conflict – learning to recognise red flags and triggers to conflict and how to manage it is critical to helping clients have an amicable divorce in a dignified manner

Connection – building connections is an important factor for both coach and client prior to, during and post-divorce.

Children – where there are children involved in divorce, we advocate a child-centred divorce ensuring that clients keep the welfare and happiness of the children at the centre of divorce not putting them in the middle

Care – ensuring that our clients don't neglect their own self care is an important part of being a good divorce coach. In the programme we will look at different aspects of self-care at different points of the journey

Cash/Credit – ensuring that clients understand the financial implication of divorce is critical to their future security and wellness. At each stage we look at different aspects in relation to cash and credit and their potential implications

Challenges – each stage of divorce has its own challenges. We help you to build the skills and knowledge necessary to help your clients overcome these challenges

The final module of the programme looks at building your business. Again, we take a 7 Cs approach but some of the Cs have been changed to make them more appropriate for business start-up processes.

Learning outcomes:

On successful completion of the diploma programme, including the supervision and mentoring follow-up period, all students will

1. Have sufficient knowledge, skills, and understanding of divorce, coaching, and related professional areas to set up a successful coaching practice
2. Have completed the required number of coaching practice hours to be awarded an accredited Diploma in Professional Divorce Coaching
3. Have built up a number of professional contacts to be able to work in a collaborative manner with other divorce professionals
4. Have written a number of articles/blogs and/or appeared on a number of podcasts/clubhouse rooms to have started to build their personal branding.

Module 1: Introduction to divorce coaching

- a. What is divorce coaching
- b. The landscape of divorce
 - i. Pre-divorce – make up or break up
 - ii. Planning divorce – making decisions
 - iii. Processing divorce – bringing their best self
 - iv. Post-divorce - recovery
- c. Coping with change
 - i. Relationship
 - ii. Living arrangements
 - iii. Career
 - iv. Health and wellness
 - v. Identity
 - vi. Family dynamics
- d. Intensity of emotions
 - i. Enhanced grief cycle
- e. The legal process
 - i. Recent changes
- f. Being part of a divorce team
 - i. Key professionals
 - ii. Boundary setting
- g. Why does a client need a divorce coach?
 - i. As an educator
 - ii. As a thinking partner
 - iii. As a source of information
 - iv. As a champion
- h. When might a client need a divorce coach?
 - i. When they might find you
 - ii. When someone might refer to you
 - iii. Who is the ideal client?
- i. How to avoid the 7 deadly sins of divorce
 - i. Pride
 - ii. Greed
 - iii. Sloth
 - iv. Envy
 - v. Lust
 - vi. Gluttony
 - vii. wrath
- j. Ethics
 - i. Professional conduct
 - ii. DCA standards
 - iii. Codes of ethics
- k. Boundaries
 - i. Legal
 - ii. Finance
 - iii. Therapy
 - iv. Referrals
 - v. confidentiality

Module 2: Pre-Divorce

- a. Communication
 - i. Communication style
 - ii. Personality
 - iii. Sharing information
 - iv. Power relationships
- b. Conflict
 - i. Recognising red flags
 - ii. Management strategies
 - iii. Recognising the four horsemen
- c. Connection
 - i. Improving intimacy
 - ii. Turning towards
 - iii. Getting help
- d. Children
 - i. Keeping them out of disputes
- e. Care
 - i. Mental health
 - ii. Physical health
 - iii. Emotional health
- f. Cash/credit
 - i. Understanding the need for independence
 - ii. Understanding your credit score
- g. Challenges
 - i. Emotions
 - ii. Control
 - iii. Abuse
 - iv. Make up or break up decisions

Module 3: Planning Divorce

- a. Communication
 - i. Active listening
 - ii. Taking advice
 - iii. Written BIFF
- b. Conflict Alternative
 - i. Dispute resolution
 - ii. Minimising conflict
 - iii. Solution centred coaching
- c. Connection -building the divorce team
 - i. Divorce coach
 - ii. Lawyer/mediator
 - iii. Financial planner
 - iv. Mortgage advisor
 - v. Will writer
 - vi. Insurance advisor
 - vii. Pensions advisor
- d. Children
 - i. When and how to tell them
 - ii. Keeping them at the centre not the middle
 - iii. Planning for child care
- e. Care
 - i. Mental health
 - ii. Physical health
 - iii. Social health
 - iv. Emotional health
- f. Cash/credit
 - i. Financial initial assessment
 - i. Pensions
 - ii. Assets/Debts
 - ii. Clarity and understanding for discussions
 - i. Financial advisors
 - ii. Financial planning
 - iii. Facts/objectives
 - iv. Reports
 - v. Implementation
 - vi. Cash flow modelling
 - iii. Wills
 - iv. Pension planning
 - i. State pension
 - ii. Private pensions
 - iii. Workplace pensions
 - iv. Pension contributions
 - v. Financing the divorce
- g. Challenges
 - a. Informed not emotional decision making
 - b. Controlling emotions
 - c. Getting the paperwork together

Module 4: Processing Divorce

- a. Communication
 - v. With ex
 - vi. With lawyer
 - vii. With coach/family consultant
 - viii. With friends and family
 - ix. With children
 - x. With employers
- b. Conflict – alternative dispute resolution
 - i. Divorce with dignity
 - ii. Collaboration
 - iii. Mediation
 - iv. Arbitration
 - v. Solution focused coaching
- c. Connections
 - i. Collaboration
 - ii. Divorce team
 - 1. Coach
 - 2. Mediator
 - 3. Lawyer
 - 4. Financial planner
 - 5. Estate agent
 - 6. Mortgage advisor
 - iii. Direct arbitration
 - iv. Litigant in person
 - 1. Go it alone
 - 2. McKenzie friends
- d. Children – child centred divorce
 - i. Child centred mediation
 - 1. Children's voice 10+
 - ii. Parenting planning
 - 1. Co-parenting
 - 2. Parallel parenting
- e. Care
 - i. Managing emotions
 - ii. Keeping fit and healthy
 - iii. Children's emotions
 - iv. Care team
- f. Cash/credit
 - i. Financial settlement
 - ii. Asset sharing
 - iii. Will writing
 - iv. Cost of divorce
 - v. Spousal maintenance
 - vi. Child support
- g. Challenges
 - i. Staying in control of the situation
 - ii. Staying calm

Module 5: Post-Divorce

- a. Communication
 - i. Empowering conversations
 - ii. Inner talk
- b. Conflict
 - i. Managing former relationships
 - ii. Keeping it friendly
 - iii. Boundary setting
- c. Connection
 - i. Community
 - 1. Career coach
 - 2. Employer
 - 3. Education
 - ii. Future relationships
 - 1. Blended families
 - 2. New partners
 - 3. Ex in-laws
 - 4. Friends old/new
- d. Children
 - i. Co-parenting
 - ii. Two home families
 - iii. Parental alienation
 - iv. Parenting apps
 - v. Education
- e. Care
 - i. Self care
 - ii. Grieving process
 - iii. Holistic health and wellness
 - iv. Confidence and resilience
 - v. Mindset
- f. Cash/credit
 - i. Career planning
 - ii. Taking financial advice
 - iii. Budgeting
 - iv. Investing in your own and your children's future
- g. Challenges
 - i. Becoming single
 - ii. Identity
 - iii. Future focus
 - iv. Bucket list challenges
 - v. Selling up or staying put

Module 6: Business in a box

- a. Communication
 - i. Coaching agreements
 - ii. Active listening
 - iii. Social media
- b. Connection
 - i. Networking
 - ii. Business meetings
 - iii. Conferences
 - iv. Mentoring and supervision
 - v. Community of practice
- c. Content
 - i. Courses
 - ii. One-to-one
 - iii. Groups
- d. Cash
 - i. Charges
 - ii. Income generation
 - iii. Expenses
- e. Collaboration
 - i. Making links with professionals
 - ii. Resolution
 - iii. Group hug
 - iv. Professional bodies
- f. Creativity
 - i. Website
 - ii. Branding
 - iii. Naming
- g. Compliance
 - i. Business set up
 - 1. Sole practitioner
 - 2. Limited company
 - ii. Insurance
 - iii. Tax
 - iv. VAT
 - v. GDPR

Practical sessions

You will have a choice of different sessions of practical, mentored coaching experience. These will be run with pairs or triads of students mentored by a staff member.

Each session will be based around case studies appropriate for the stage of the divorce journey we are covering in the theory session.

Although many of our students come from a coaching background, some come from a legal or financial background. Therefore, we will revise basic coaching skills but will quickly move on to more advanced practice, skills and knowledge. We will help you develop your coaching practice to a level where you can be assured you are a competent specialist coach.

We will discuss a number of coaching modalities that you might want to consider using for different clients in different situations.

In keeping with the ethos of the programme, The Divorce Coaching Academy have their own coaching model acronym which you may want to think about during your coaching journey.

Discover the challenge for the session

Inquire into the client's priorities, strengths and resources to help them overcome the challenge

Validate their **V**alues in meeting this challenge

Options they have tried so far; **O**bstacles that may get in their way (internal and external); **O**utcomes of previous actions

Reframe their self-talk and **R**eflect on the possible outcomes

Commitment to achieving their preferred outcome and **C**larify any gaps still present

Evaluate, **E**xecute and **E**ncourage

Planned timetable

Theory sessions:

Mondays 7-10pm

w/b September 16th to w/b 16th December

Practical sessions:

Working in triads with a mentor on a variety of case studies at a time to suit the group and mentor

All assessed work due in by April 1st 2025

Supervision and mentoring starts January 2025 for 12 months

On completion of the programme, you will have completed sufficient taught hours to be eligible to apply to the Association for Coaching (UK) for Professional/Professional Executive Coach or Master/Master Executive Coach Accreditation but this will depend on you meeting the other requirements set by AC. Individual AC Coach Accreditation requirements can be found on the AC website. To gain sufficient experience and increased competence levels, will take you a good 12 months after the end of the programme.

To gain a Certificate of Completion and the Diploma in Professional Divorce Coaching from the Divorce Coaching Academy you must:

- Sign up to the code of ethics
- Complete a minimum of 36 out of the possible 42 hours of theory training
- Complete a minimum of 36 out of the possible 42 hours of supervised practical training
- Complete a minimum of 50 hours of peer/practice/paid coaching, outside the mentored practice,
- Complete a minimum of 110 hours of independent study – reading, listening to podcasts, watching videos, completing assignments etc.
- Complete all assessment requirements
 - 1 case study from a completed coaching client
 - An account of your own coaching approach
 - Learning and reflection logs

In addition, you will be expected to attend and have verified, over the first twelve months after graduation:

- A minimum of 6 hours of continuing education
- A minimum of 6 hours of mentoring/supervision
- A minimum of five practice/paid clients
- Supply testimonials from at least two clients - practice or paid
- Reflective logs of coaching for a further two clients

These will allow you to complete the pre-requisites for individual accreditation by the Association for Coaching

Investment

The full investment in 2024 will be £2497 (€2925)(\$3110) This can be paid in one lump sum or with a deposit of £497 (580)(\$620) paid before 9th September and monthly instalments to be completed by December 9th 2024 (amount will depend on the number of monthly payment) which should be set up as a **standing order**.

Payments by BACS to

Divorce Coaching Academy LLP

Sort code 04-00-75

A/c 66309409

IBAN GB08 REVO 0099 6992 4527 50

Please put your own name as identification

For an instalment plan please set up a standing order payment to the same account.

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