



THE DIVORCE COACHING ACADEMY

COURSE PROSPECTUS



ACCREDITED CERTIFICATE
IN COACH TRAINING



Vision

To be universally acknowledged as the premier provider of exceptional, accredited Divorce Coaching diplomas and continuing education, setting the gold standard for professionals in the divorce field.

Mission

To transform the divorce experience through innovative coaching education, elevate the profession of divorce coaching to new heights, and create meaningful positive change for individuals, families, organizations, and society navigating the complexities of divorce.

Values

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



Meet the Founders: **Dr Sue Palmer-Conn,** **“Divorce Doctor”** **PhD, C.Psychol. MBA**

Dr. Sue brings exceptional depth and breadth to divorce coaching through her distinguished career spanning all educational sectors from Pre-School to Higher Education. Her innovative approach to curriculum development has garnered national and international recognition for excellence in design and implementation. As a Chartered Psychologist, she offers profound insights into human behaviour, relationship dynamics, communication psychology, conflict resolution, and child development.

Sue's background includes notable athletic achievements, competing as an international swimmer in her youth before representing Great Britain in European and World Masters competitions in both swimming and modern triathlon, demonstrating her commitment to discipline and excellence.

Following her divorce at age 50 after 25 years of marriage, Sue embarked on a transformative solo round-the-world lecture tour across four continents. This personal journey enriches her professional understanding of divorce transitions. Sue maintains active professional engagement as an associate member of Resolution, where she serves as co-chair of the Wellbeing Committee and contributes to the Working Together Group.

Her extensive professional credentials include Certified Divorce Coach, Certified Divorce Specialist, diplomas in personal, professional and educational coaching, certified relationship coach, master certified health and wellness coach, diploma in emotional intelligence, master NLP practitioner, harmonizing well-being practitioner, passion mapping practitioner, and Magical U trainer. Establishing her coaching practice in 2008, Sue—known professionally as "the Divorce Doctor"—has specialized in divorce and recovery coaching, supporting over 1,500 men, women, couples, and children through various stages of the divorce process. Her exceptional contributions to the field have earned numerous prestigious accolades, including Expert Business of the Year, Global Legal 500 Coach of the Year, and Inspirational Journey in Business. Sue's influence has been formally recognized through her inclusion among the UK's top 100 most influential women in 2023, and in 2024, she was honored as one of the top 100 most influential women globally.



Meet the Founders:

Mr Tom Nash, “Mr Divorce Coach”

Tom brings a unique dual perspective to divorce coaching, informed by both personal experience and professional expertise. His journey with divorce began at age three as a child of separated parents and continued into adulthood through his own divorce, co-parenting, and blended family experiences.

This comprehensive firsthand knowledge catalysed his professional transformation in 2018/19, when he obtained certified accreditations in Life and Business Coaching alongside Master Practitioner certifications in Neuro-Linguistic Programming, TimeLine Therapy, Hypnotherapy, and NLP Master Coaching.

As an Associate Member of Resolution, Tom contributes valuable insights on the national We Can Work It Out committee, specialising in Non-Court Dispute Resolution methods such as Collaborative Family Law. His committee work focuses on emotional well-being strategies, positive mindset coaching, and effective communication techniques.

Tom's coaching philosophy centers on helping individuals and couples navigate separation constructively, with an emphasis on developing sustainable, successful outcomes that benefit both adults and children. His methodology guides clients to Understand, Evolve, and Improve throughout their divorce journey.

Prior to his career in divorce coaching, Tom established himself as a Partner and Director of multiple award-winning global recruitment businesses, recognized in both the Sunday Times 100 and Virgin Fast-Track 100. He continues to share his expertise as a successful YouTube and podcast host, international speaker, and co-founder of the Divorce Coaching Podcast. Tom is also a dedicated mental health advocate who exemplifies his coaching principles through his own successful co-parenting relationship and thriving blended family.

Core Curriculum:

The core curriculum is organised into 8 weekly areas of expertise. After the introductory week, each weekly section 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.

Court (& Non-Court Dispute Resolution) – Understanding the legal landscape of divorce, No Fault Divorce. Court processes, required forms, options for non-court dispute resolution and potential timelines.

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

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.

Cash – 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.

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.

Commitment & Format

Theory Sessions & Environment

Remote Learning:

Weekly Videos per Area of Expertise + Workbooks - Distance/Self Learning - 2-2.5hrs pre-recorded videos. Workbooks to complete. Reading main “Resource File”.

Live & Interactive, Peer-to-Peer Learning Environment:

Monday Evening - 1.5 Hr Coaching Competencies & Challenges

Coaching Competencies – Each week you will learn a variety of core coaching competencies from active listening and powerful questions, to coaching models and both conscious and subconscious techniques to support you clients.

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, through a live and interactive peer-to-peer learning environment.

Business in a box

Each week there will be a video for you to watch and the final part of the Monday will be your opportunity to ask questions or share progress.

Independent Study

Listen to relevant podcasts, read relevant blogs, books and articles, and watch relevant videos that may be suggested from time to time.

Continued...

Practical Co-Coaching Sessions:

In addition to the weekly theory commitments outlined in the page above, you are also required to attend a weekly 3 hour Practical Session.

These sessions operate in a “Co-Coaching” Environment, mentored and supervised by DCA Founders and/or DCA Graduate Members.

These will be run with pairs or triads of students, providing an opportunity to sit in each of the three chairs: Coach, Client & Observer.

Each session will be based on case studies that emphasise the section of the curriculum being studied and include ethical dilemmas.

Although some of our students come from a coaching background, many come from a legal, financial or mental health 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 professional specialist coach.

Total weekly minimum commitment

6-7 hours plus independent study time

Learning outcomes:

Upon successful completion of the certification programme, including the supervision and mentoring follow-up period, graduates will:

1. **Demonstrate** advanced theoretical knowledge and applied competencies in divorce processes, evidence-based coaching methodologies, and interdisciplinary professional domains essential for establishing and sustaining a professional divorce coaching practice.
2. **Fulfill** all practicum requirements by completing the requisite number of supervised coaching hours per the accreditation standards for the conferral of the Certificate in Divorce Coaching.
3. **Develop** a comprehensive professional network comprising divorce specialists across relevant disciplines, facilitating inter-professional collaborative practice and appropriate client referral pathways.
4. **Establish** a digital presence by creating and disseminating evidence-informed articles, academic blog publications, subject matter expert contributions to podcasts, and/or active participation in professional forums, thereby cultivating a distinctive professional identity within the divorce coaching field.

Course Synopsis

Week 1: Introduction to Divorce Coaching

- *What is & Why Clients Need Divorce Coaching
- *When Clients Need a Divorce Coach & The Landscape of Divorce
- *Ethical Standards of Practice / Confidentiality
- *Coping with Change
- *Intensity of Emotions
- *6 Biggest Mistakes
- *Professional Boundaries
- *Differentiate Divorce Coach/Therapist

Week 2: Communications

- *Transactional Communications Model
- *NLP Communications Model
- *PAC Model / Transactional Analysis
- *Important Conversations - Telling the Spouse/Kids/Work/Parents/Friends/Others
- *Effective Communications Models
- *Emotional Intelligence
- *Walls of Resistance / Walking Down the Path / Rapport Building
- *Communications with Clients:
Powerful Questions & Active
Listening

Week 3: Court / Legal Insight & Processes

- *No Fault Divorce - Timelines & Expectations
- *Routes Through Divorce
 - *DIY / Digital
 - *Mediation Choices
 - *Lawyer-Led Divorce
 - *Collaborative & FDR & 1 Lawyer 1 Couple
 - *Arbitration & Early Neutral Evaluation & Direct Access
- *Form(s) & Applications: Form-E & C100 & Cafcass
- *How to Prepare for Court - Forms, Mindset, Support Network

Week 4: Connections

- *7 Stages of Disconnection / Mistakes that Lead to Disconnect
- *Choosing your Team
- *Your Positive Network / Network of Support
- *Turning the Story into the Business of Divorce
- *Cycle of Change
- *Dating Post Separation
- *Building Trust

Week 5: Conflict

- *Conflict Styles & Stages
- *Why Conflict isn't All Bad - Managing Conflict & Antidotes
- *Conflict Pivot & Good Apologies
- *Drama Triangle / TED Dynamic
- *High Conflict - Domestic Abuse & Coercive Control
- *Narcissism & Personality Types
- *Safe Exit Planning
- *Safeguarding - Awareness / Raising / General

Week 6: Cash

- *Building Financial Awareness
- *Money Story & Money Mindset
- *Cost of Divorce & Financial Readiness
- *Budgeting - Statement of Needs
- *Completing Form-E / Financial Statement
- *Pensions in Divorce
- *Forecasting / Financial Planning

Week 7: Children

- *Ages & Stages - How They Cope & Attachment
- *ACE's - Adverse Childhood Experiences & Grief Cycle
- *Preparing & Telling the Children (age appropriate)
- *Types of Child Arrangement
- *Effective Co-Parenting Planning
- *C100, Specific Issues, Prohibited Steps,
- *Alienating Behaviours & Parallel/Counter Parenting
- *Cafcass & Safeguarding

Week 8: Care

- *What is Self-Care: Holistic & Symbolic Health & Wellness
- *Menopause & Andropause
- *Healing Your Heart & Mind Pt1
- *Healing Your Heart & Mind Pt2
- *Boundaries: Setting & Enforcement
- *Trauma Response & Amygdala Hijack
- *Loneliness & Mental Health

Week 9: what Next?

- *Assessments
- *CPD
- *Fast Track Accreditation

Bonus Module: Business in a Box

Communication

- i.Coaching Agreements
- ii.Active Listening
- iii.Social Media

Connection

- i.Networking
- ii.Business Meetings
- iii.Conferences
- iv.Mentoring & Supervision
- v.Community of Practice

Content

- i.Courses
- ii.One-to-One
- iii.Groups

Cash

- i.Charges
- ii.Income Generation
- iii.Expenses

Continued...

Collaboration

- i. Making Links with Professionals
- ii. Resolution
- iii. Support Groups & Sign-Posting
- iv. Professional Bodies

Creativity

- i. Website
- ii. Branding
- iii. Naming

Compliance

- i. Business Setup
 - a. Sole Practitioner
 - b. Limited Company
- ii. Insurance
- iii. Tax
- iv. VAT
- v. GDPR

Assessments: Certificate Course

A pass in assessments 1-3 are required to graduate with a Certificate in Divorce Coaching:

- 1.** You will complete and submit a copy of your “Learning & Reflection Log” after each practical session.
- 2.** You will write a 1500 word essay on ‘Your Approach to Coaching’ This will cover how and why you incorporate the coaching models you have learned, and how you deal with ethical dilemmas. What informs your coaching and how it manifests in your approach. You should also demonstrate how coaching is influenced by theoretical models.
- 3.** A case study covering at least 6 coaching sessions with a practice, pro bono client or paying client. This will include the context for your coaching and the coaching process from start to end including learnings and reflections from this piece of work.

Pathways to Accreditation:

- Certificate in Professional Divorce Coaching:
Core Module Course
- Advanced Certificate in Professional Divorce Coaching:
Core Module Course + 1 Additional CPD Course
- Diploma in Professional Divorce Coaching:
Core Module Course + 2 Additional CPD Courses
- Master in Professional Divorce Coaching:
Core Module Course + 4 Additional CPD Courses

CPD Opportunities with DCA

The following additional training will be available post-graduation of the entry level Certificate in Divorce Coaching:

1. Beyond Divorce, Rebuilding YOU

This is a 7-week course and covers the 21 steps to healing and recovery using the RIFT method. There are a number of videos plus weekly Q&A sessions.

2. Parenting Post-Parting

This 6-week module will take a deeper dive into child development and how this needs to be taken into account in how parents help children cope with their divorce. It covers listening and talking to children, the effects of divorce on attachment, parenting arrangements and how to make them more positive for everyone and what to do when things aren't going right eg alienating behaviours, safeguarding concerns etc.

3. Pre-Mediation Coaching

Many clients will benefit from additional coaching to prepare them for mediation. This 6 week course will do just that. You will need a minimum of 6 months divorce coaching experience to be eligible for this module.

4. Couples Clarity Coaching

This module can be taken after you have been coaching for 12 months as you need some coaching experience to be able to transfer your skills of working with individuals to work with couples. This course is based on Dr Sue's qualification as a Discernment Counsellor and helps couples decide whether they should make up, shake up, or break up their relationship from a position of a deeper understanding of themselves, each other, and their relationship.

Cost of modules

The core "Certificate" module: £1,500

Additional CPD modules (each): £800 -£1,200

By completing the Diploma, you can apply for a fast-track accreditation with the Association for Coaching that includes a free 12 month membership.



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Association for Coaching: Fast-Track Accreditation

To apply for fast-track accreditation, you will also need to complete the following:

*A coach self-assessment and development plan. This includes at least 40 hours of CPD with reflections and can include up to 10 hours of reading relevant material, webinars, or podcasts and 30 hours of additional training or events.

*Supervision Record - you must complete a minimum of 6 coaching sessions post training and document learning from each session.

*Evidence 100 hours of working with clients including 2 client references and 1 testimonial



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To Book Your Spot...

Ready to take the next step?

Don't hesitate to connect us directly. Schedule a complimentary call/video consultation with either Dr Sue Palmer-Conn and/or Tom Nash, to discuss your specific needs and how this course can help you achieve your goals.

To book your call today, simply click the links below and schedule your consultation:

[Dr Sue Palmer-Conn: Diary Link](#)

[Tom Nash: Diary Link](#)

Or scan the QR code below with your phone:

