

Starting over from divorce or redundancy: Who do I talk to first?

Every journey needs a good map

SOS HOLIDAY INN
GUILDFORD

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www.startingovershow.co.uk

counselling and coaching

expert

stand number

Do I need to talk to a lawyer?

The legal advice you will access via SOS may be essential - but first, think about how you can ensure reliable communication. How are you going to deal with the emotional fallout? If you really want to break up right, and not end up in an expensive legal fight, learn how to create strong channels of communication.

Counselling is useful to understand what may have been the root causes of the breakup, and coaching can help you look forwards and plan what you need to do keeping your key vision in sight - breaking up without becoming lifetime enemies; not using the children as weapons (it's surprisingly easy to do); becoming emotionally independent from each other, that kind of thing. Both Counselling/Psychotherapy and **Life/divorce coaching** can teach you the tools to rebuild your sense of self and take ownership of your life and your future.

This is not indulgence - it's part of an intelligent strategy to prepare yourself for a long journey where you need to not rely on others to provide you with the self confidence you need.



Rhiannon Ford

stand: 9

[Rhiannon Ford Divorce Coaching](#): practical & emotional support through divorce/separation

[Book your free 1-1 powwow with Rhiannon now](#)

stand: 6

[Soul Connecziions](#): coaching specializing in relationship breakdowns.

[Book your free 1-1 powwow with Marina of Soul Connecziions now](#)

 Soul Connecziions



stand: 4

[Achievers Coaching](#): Annie Winfield is a Survivor Coach.

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stand: E

[My Offspring](#): online diary & tools to reduce post divorce conflict

 MyOffspring.com 

So do I talk to a lawyer now then?

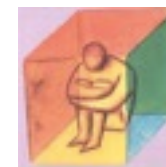
Well, hang on, there is something else you might want to do first: if your self esteem has been mashed and you are struggling to feel loved and special (which you are by the way, but sometimes it's hard to believe it's true) then for goodness sakes, take some time out for yourself.

And now is the time, if you have children, to not keep them in the dark. There are resources to help parents and children through breakup. Family coaching/counseling can be valuable, and even grandparents may want to get involved too. Divorce and redundancy have a ripple effect and the long term fallout of a bitter or protracted divorce or financial difficulties affects far more people than just the couple involved.

Looking after ourselves and surrounding ourselves with healthy and lovely things can really make a difference to how we feel.

Some of us change our hair styles, change our clothes, change our surroundings. Joining a gym or finding a running partner and getting out into the fresh air is a superb protection against depression, or even **dipping your toe into the water of dating** again.

Going out for a good dance with your friends is a fun way to relieve stress and doesn't have to be about 'dating' - just enjoying yourself. Losing weight can boost flagging self esteem, and so can getting some **up-to-date positive, smiling images** of yourself or your family.



stand: 11

[Too Clever For Counselling and Still Need Help?:](#)

NLP based masterclass for mothers.

stand: I

[BeStepWise:](#) professional support for step-families

stand: 8

[Fresh Eyes Consulting:](#)

Skills for talking when talking gets tough

stand: 14

[Jennifer Hooper:](#)

Counselling and Energy Products

stand: 15

[Jennifer Edwards:](#)

Sexual & relationship therapist

stand: 12

[Scott Collier Photography](#)

Photographing families in their new forms

stand: D

[South West Surrey Domestic Abuse Outreach Service:](#) Support for people suffering from any type of domestic abuse

wellbeing

Yoga and meditation techniques can relieve stress and create an inner calmness which you could do with a lot more of - especially if you are a parent. There are many holistic ways to support you through such a major life change.

Now is the time to try new things, to stretch yourself beyond your usual comfort zone and to explore the world in a different way.

Starting a new business that is flexible around family and existing work can not only bring in extra income, but also a new lease of life.

No matter how traumatic a break up can be, no matter how challenging losing your job is on your every day life and the way you feel about yourself, this can become the fuel to propel you into a new beginning.

However reluctant you may feel about stretching your wings, with the support and encouragement of others you will surprise yourself with how proactive and resourceful you can be in the face of adversity.



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stand: F

[The Mystic Housewife](#): Jane Orr
spiritual psychotherapy

stand : 10

[Cory Cook Professional Organiser](#):
Organising solutions for big life changes

stand: B

[Paul Way: Utility Warehouse](#) -
helping people save money on bills
and creating an income for
themselves

stand: G

[Farnham Fitness & Wellbeing Centre](#): Much more than just a gym

Heart Zone

[Chandananda Yoga](#): De-stress
Yoga techniques

stand: C [Magnus the Masseur](#):

African Rhythms Massage
combined with truthful
conversation

stand: H

[Surrey Law Centre](#): Specialist
legal advice for those eligible for
legal aid

Come on, surely I can talk to a lawyer now?

Almost.....

Just be aware, that solicitors are not **financial planners**. Talk to financial advisors who are experienced with helping clients through divorce. They can help you assess a realistic settlement that is sustainable - you don't want to end up in court a few years down the line because one of you is unable to pay the maintenance or the mortgage. Equally, if you 'give it all away' to avoid confrontation and court, you may end up regretting that decision and feeling resentful, which is going to undermine your post-divorce relationship.

Bear in mind that it will be much easier to create a sustainable financial agreement if you are remaining focused on what you need for the future (rather than what you are afraid of losing in the present). It is an investment to work hard at creating strong communication channels whether that is through polite considered conversation, or using an intermediary such as a **mediator** or a **divorce coach**. Specialist **financial planners** can even work within mediation sessions, representing both parties and providing valuable advice.

Getting rid of debt and generally sorting out your finances is essential in order to lay the foundations for a healthy future.



stand: 1

[Church's Financial Planning:](#) financial planning, pensions and divorce specialists



[Davenport Financial Management:](#) pensions, financial planning and mediation

[Book your free 1-1 financial powwow now](#)



stand: 7

[Jason Peace of Eurodebt Financial Services:](#) Providing debt management solutions to people in financial distress



stand: 15

[E-Accountants:](#) Kim Teh FCA business tax & accounting advice

So I can talk to a lawyer now, right?

What you may need first are independent emotionally neutral mediators who can provide a safe way to express your concerns and discuss ideas about how you can both move forward to living separate lives. Mediation often works well in collaboration with other specialists, such as **financial advisors** and **collaborative lawyers**.

If despite your best efforts to put yourself in a calmer and more emotionally secure space, with a positive vision of the future, this has not yet rubbed off on your soon-to-be-ex and they just don't want to use mediation at all, don't give up. They may change their minds later on when they discover how protracted and expensive legal proceedings can be.

So yes, you can talk to a lawyer too - but what kind of lawyer? Some people go to the same solicitors' firm who organized their conveyancing. Would you employ your dentist to do heart surgery? Make sure that any legal professionals you engage are specialists and experienced.



stand: 13

[Collaborative Family Law Group:](#)
Hosts of the Surrey/Hants SOS Road Show



stand: 2

[RHW Solicitors:](#) Mediator
Samantha Jago

[Book your free 1-1 Mediation powwow now](#)

rhw
solicitors

There are traditional family lawyers, and also **collaborative lawyers** with whom you agree to stay out of court. Depending on your situation, there will be no one way forward - it's up to you to choose. You need to be comfortable with their approach, and to feel that they have really listened to your needs and understood your expectations.

And if you are **facing redundancy** and feel that you have been unfairly treated - or if unfair dismissal is your challenge - then talk to an employment lawyer who is also trained in mediation to encourage a swift and reasonable settlement.

And don't forget - you'll need to **update your Will** as well.....



stand: 3

[Gordon Dadds](#): Collaborative lawyer
Naim Qureshi

[Book your free 1-1 Collaborative Law powwow now](#)

stand: 4

[Lee Newell BardellsLLP](#):
Redundancy & Unfair Dismissal

stand: 5

[W.Davies](#): Wills/probate/trusts

And finally.....

This is the blog of the stages we all go through during breakup and divorce - and also, interestingly, other life changes like redundancy:

<http://www.startingovershow.co.uk/index.php/category/7-stages-of-rbc-relationship-breakdown-recovery/>

Below is the link to the poem that all parents facing divorce should read:

<http://www.startingovershow.co.uk/index.php/using-the-children-as-weapons/>

.... and this is what I wrote with my kids one evening as advice for parents breaking up from the children's perspective:

<http://www.startingovershow.co.uk/index.php/the-kids-rewrite-the-ten-commandments/>

It's easy to be fearful and dread the whole process - but by tackling what may well be the most challenging and difficult life change you have ever been through in a proactive and considered way, you could end up with a good working relationship with your ex (essential if you have children together) and even discover that this tough time in your life becomes a catalyst for real positive change.

Most of all, remember you are not alone. This is a very lonely time for many of us, yet thousands of others are going through similar experiences right now. Life crises are the catalysts for journeys we all need to make - it's part of how we learn and grow and it's like childbirth - bit messy, painful, but ultimately life changing in a great and positive way. As long as we don't allow ourselves to get stuck in a bad place. You probably don't believe me, but I'm not the only person to have found this to be true.

SOSvillage resource site has shared stories and useful resource links for anyone going through life changing events, including information and guidance for parents, at: <http://www.sosvillage.org>



If you want to talk to our exhibitors now, you can be directed to their websites from our event site at www.startingovershow.co.uk

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