

STARTING OVER SHOW
makeover



SOS Makeover Menu for Liz Greader

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Free SOS divorce makeover™

Free legal and wellbeing advice surgeries in return
for sharing your experience to help others *



Thank you Liz for becoming part of the **SOS divorce makeover™** and agreeing to share your experiences (not your private life, just your thoughts and feelings about how these professionals can help you start over) in order to open the eyes of others who also want to 'start over' afresh.

Who are some of the team generously providing their time and expertise to help you?

COACHING



[Julia Armstrong: Coach, therapist and author](#)

Julia is a leading performance coach and counsellor working at the core level with over 30 years experience in helping others find happiness and fulfilment.

A 1-1 where I can offer some new perspectives relationships and how conflict is an opportunity for healing.



MEDIATION

[John Stebbing & Bob Bastian: Stephen Rimmer LLP](#)
Family law and mediation



Advising on how much better and cheaper sorting issues through mediation can be.

I can provide information on how mediation works, what it can and can't do and what its advantages are over the alternative methods of resolving family disputes. I could also assess you to see if you would be likely to secure public funding for the mediation fees.

WELLBEING

Gina Hardy: Conscious Union

Relationship education, yoga teaching and healing



"I am not a counsellor or psychologist, but a relationship educator, with a strong belief that we need to fully understand ourselves first and why we do what we do in relationships before we can engender change. The aim of my work is to help couples and singles master the art of creating healthy conscious relationships. I am also a Hatha Yoga teacher specialising in partner yoga, teaching couples how to re-connect through the very powerful use of non-verbal dialogue. I am also a natural therapist offering spiritual guidance and [healing tools](#) as a way to discovering the true self and healing from the past".

My services would be in essence :

- 1) Healing using Reiki/Crystals - this would help release some of the emotion and trauma***
- 2) Spiritual guidance / relationship education to look at what's happened and focusing on forgiveness. (lots of anger in her letter) and letting go...she seems***
- 3) Meditation and breathing techniques to help with the stress***

Jane Orr: The Mystic Housewife Consultant Psychic Therapist

I provide traditional psychotherapy combined with ancient healing arts, confidential support in a safe environment, enhancing your ability to cope with whatever life throws at you!

I can offer an initial one hour consultation to provide support and inspiration on how to proceed.



Estelle Williams: Rythm of Life
Ordained interfaith ministers

Talking with people about the benefits of personal letting go/ separation ritual, and providing them with the opportunity for experiencing some of the elements that would be included in the ritual.

A friendly, non judgemental face, someone to offload to and help to navigate their way out of a crisis. Support people of any faith, or none.



Scott Collier: Photographer

Professional portrait session at my studio in Mayfair , providing a cd of positive happy images ideal for using for your online social network profile - with printed contacts sheet.

Let me use my creative ability and enthusiasm to provide strong and memorable images that will last forever.





[Linda Lamb: MayoWynneBaxter](#)
Collaborative family law

Family lawyers who look for solutions.
Firm provides all legal services.



'The initial meeting is to discuss the alternatives available. This meeting is very important because it is an opportunity to ensure that you feel comfortable working with me because we need to have a close working relationship. It also is the time to gather in as much information as possible about your relationship and to understand what you would like to achieve. During the meeting we will then discuss the different methods available to try to achieve a 'fair settlement' which is the test that the court will apply.

Explanations will be given of how the various methods work, these will include mediation, collaborative law, lawyer to lawyer correspondence and, the last resort, court. I will then provide you with a pack of leaflets which provide more information and are in a easily digestible form, much more interesting looking than my letters. I will also send out to you a lengthy letter detailing what we have discussed to make absolutely sure that I have understood what you have told me.



[Jaci Godman Irvine: Estate Legacy Services](#)
Wills and trusts

I work with Estate Legacy Services and I am a member of the KCC Buy With Confidence Scheme.

A free 1 - 2 - 1 by phone or in person, to give you a clear idea of whether you need to update your Will or create a new one, and a discounted price should you wish me to carry out the Will writing service.

A great deal of what I do is listen; listen to a clients fears and worries, understand what they want to have happen when the inevitable comes around. I can explain what will (not can) happen if things are not put into place, what the choices and options are and to hopefully give them 'peace of mind'. I can also explain the pitfalls that can result if they get married again and they do not do new Wills, marriage invalidates all previous Wills, divorce doesn't!!

FINANCIAL

Mark Robinson: Private Wealth Management Independent Finance Specialist

Bespoke financial solutions, helping you attract and maintain your desired future lifestyle.



We would like to offer our services to Liz we would be happy to provide a financial planning consultation focusing on budgets ensuring that she is receiving sufficient benefits and what her financial plan for the future might be.

RESOURCES

For access to free information, resources and, even more important, shared stories, visit our SOS Village resource site at www.sos-village.org

- * A selection of appropriate professionals will be providing an introductory experience of their services subject to location (some will be helping the SOS Brighton participants, and some the SOS London participants). If you like what they offer, there is nothing to stop you using them further but you need to arrange that yourselves as it is outside the remit of this offer.

