

Divorce Coaching Checklist: WHERE DO I NEED HELP?

Divorce coaching is focused and targeted help for you about the most critical issues that arise during your divorce. After reading through this list, check those areas where you feel some level of help is needed at this time. Know that your needs will change as you move through the separation and divorce process.

- Emotional support
- Information about divorce, mediation
- Financial Information/Help
- Mediation coaching
- Prioritizing concerns/needs
- Communication
- Negotiations
- Conflict resolution
- Child/children issues
- Parenting plan
- Co-parenting
- Problem-solving
- Stress Reduction
- My future
- Other: _____