



Service Packages



Service Packages

All potential clients will have a;

1 x 60-minute Discovery Session \$250 inclusive of GST.

During this session we will clarify all of your concerns and which of those concerns are the most important and/or urgent to you. We will talk you through the coaching options/packages and the successes that we have had as divorce coaches for past clients.

Your Investment For Your Future

At Equal Exes we want to ensure that you are reaching your goals, getting value, tangible outcomes and enable you to move forward positively in your life after you undertake coaching with us. In return to ensure that your coaching is successful we would appreciate your one month or three-month commitment to work through your current situation.

Once you have had a discovery session with us you will be given the option to sign up for one month or three-month packages.

There is no obligation to continue from this point. Sometimes we may decide that there are better options for you, than through Equal Exes, and we will discuss alternatives with you if this is the case.

What packages do I need to assist me in moving forward?

**Should I or
Shouldn't I?**

**Preparing You
For Mediation:
Mediation
Support On
the Day**

**Help Me!
How Do I
Deal With A
Toxic Ex?**

**Being the
Best Parent
You Can Be**

**Conflict
Coaching**

**Grief
Coaching**

**New
Beginnings**

Should I Go or Should I Stay?

Are you on the fence about whether to stay or go? Are you wanting freedom? Do you feel like time is running out?



With this package you will aim to discover your 'Best Self'. Get off the fence you are stuck on and make a choice based on your positive values. We will be giving you the freedom to take the next step to happiness too! 3 x one on one divorce coaching 60 minute sessions.

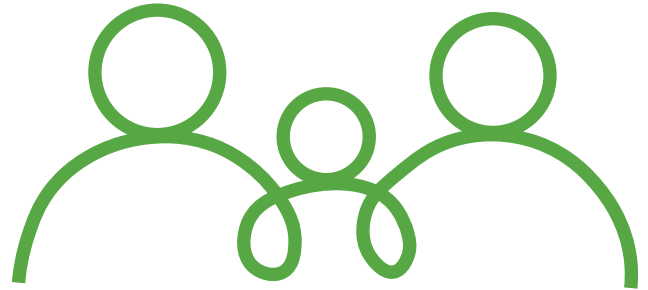
Your Investment

3 x one on one divorce coaching 60 minute sessions

- Follow up emails, guidance materials and action plans in between sessions
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Email/Phone/Text Support in between sessions

Parenting Best

Are you struggling with the difficulty of needing to tell your children, and needing to protect them from the damaging effects of your divorce.

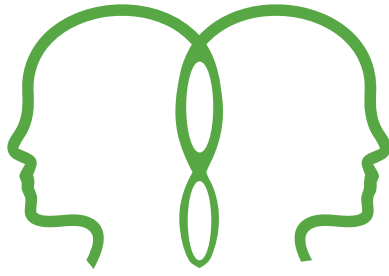


You will have the tools to focus on what is best for your children. In a positive way you will have clarity around effective co-parenting with your ex. Good boundaries will be set for yourself and others. There will be an opportunity for you and your ex spouse to work together on finalising your parental plan in the best interests of the children.

Your Investment

3 x one on one divorce coaching 60 minute sessions

- Parenting Agreement
- Follow up emails, guidance materials and action plan in between sessions
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Email/Phone/Text Support in between sessions



Help Me! How Do I Deal With A Toxic Ex?

Toxic love, is quite literally, a drug addiction. You need to cut the cord with your toxic ex-partner so you can detox from the relationship – unfortunately, it is rarely that simple, particularly when you have children together.

Is your ex controlling? Emotionally abusive? Insensibly difficult? Does she/he minimize, deny or shift the blame? Does he/she try to intimidate or isolate you or the children? And do they exhibit any signs of parental alienation?

You would think that after spending months or even year of wasted dollars trying to divorce your spouse that you would be able to move on with your life, right? Well, this is not always the case in high conflict divorces especially after you have been through a lengthy process that is time, money and mind consuming.

You will be guided through the high conflict personality types and strategies and step by step guides of how to deal with this difficult personality in your life. If relevant you will also learn how to parallel parent with your ex and find peace of mind. You may need to redefine your parenting plan, and learn to adjust to solo parenting so you and your children thrive.

By the end of the coaching you will be able to focus on how to build your resilience going forward, assertive communication through role plays, how to resolve conflict positively and learn how to manage your rocky post-divorce relationship and more!

Your Investment

3 x one on one divorce coaching 60 minute sessions

- Follow up emails, guidance materials and action plans in between sessions
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Email/Phone/Text Support in between sessions.



Pre-Mediation Coaching Preparation

Mediation is an informal process for helping people who have a dispute to sort it out for themselves without going to court. A mediator is a neutral third person who encourages those in a dispute to talk to each other about the issues.

You will be coached through the fundamentals of mediation such as what to expect during mediation and how to use mediation effectively. You will be given an "Equal Exes Preparing for Mediation" workbook and we will work through the workbook during your coaching sessions before you attend your own mediation. The workbook will focus on your future with the other party, the other party's point of view, the best and worst outcomes, finding solutions, ways to solve the options on the table and reality testing your options and more.

Your Investment

3 x one on one divorce coaching 60 minute sessions

- Follow up emails, guidance materials, Equal Exes Mediation Workbook and action plans in between sessions
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Email/Phone/Text Support in between sessions .



New Beginnings

Discover Your Personal Strengths & Redefine Yourself

Discover your personal strengths and redefine yourself. This is the package to help you get back on your feet and thrive as your new, independent you.

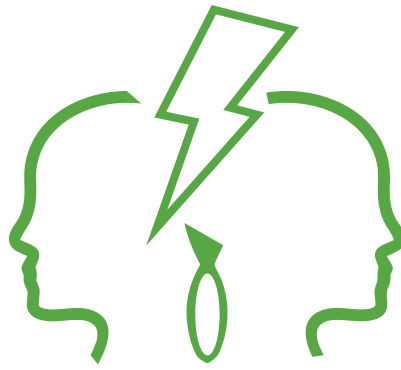
Do you feel disrespected and victimized? Are you wanting to throw in the towel and avoid the painful interactions and get your divorce/separation over ASAP? You feel tired and worn out. You can't let go because of the anger and betrayal. You need to move on but you are afraid that you will fail.

You will feel transformed as you will be able to let go of certain emotional attachments and be free to make different choices. At the end of your coaching sessions you will reconnect with your strengths and your vision of what is possible for your life.

Your Investment

3 x one on one divorce coaching 60 minute sessions

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Conflict Coaching

Do you find yourself in conflict with your partner or soon to be ex?

Interpersonal conflict is an inevitable and normal part of our personal and professional lives. However, many people avoid it altogether or otherwise handle it in ways that are counterproductive for themselves and others. As a consequence of ill-managed conflict work, personally and professionally, those in conflict find themselves paying high financial and other unnecessary costs in order to resolve the disputes.

To help you manage better your interpersonal disputes, one on one **CINERGY** Conflict Coaching will not only help you reduce the confusion that comes with conflict, it will also help you gain increased confidence and competence to engage more effectively at these times.

During your conflict coaching sessions Equal Exes will assist you to:

- Resolve your interpersonal disputes independently and as close to the source, as possible
- Prepare you for challenging conversations
- Prevent unnecessary conflict from escalating
- Shift unproductive conflict reactions, to constructive responses
- Manage their adverse reactions to conflict

Conflict management coaching is also used in other contexts. This specialized coaching framework may be used before conflict arises (when it is anticipated), while going through a dispute, or after a conflict when residual negativity lingers and also assists people to participate in mediation, negotiations and other Alternative Dispute Resolution processes.

Your Investment

3 x one on one conflict coaching 60 minute sessions

- Follow up emails, guidance materials and action plans in between sessions
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Email/Phone/Text Support in between sessions

This package would be highly beneficial to complete alongside Equal Exes' Preparing for Mediation package.



Grief Coaching

"In the end, as we as human beings mourn, we must discover meaning to go on living our tomorrows" ~ Wolfelt, Alan, D. (2005)

Are you grieving the loss of your marriage/relationship?

Equal Exes will support, encourage, and help you discover the meaning of life. This coaching will aid you in identifying your life going forward, visualizing the future without your loved one/relationship/job, discovering challenges associated with your grief, moving past those challenges, and helping you refocus on life's goals and possibilities. You will discover strategies that can be used to help you begin to find hope, tap into your strengths, to not only survive but to ultimately thrive.

Your Investment

3 x one on one grief coaching 60 minute sessions

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**YOUR GUIDE
TO NAVIGATING
THE SEPARATION AND
DIVORCE JOURNEY**

www.equalexes.com