



Service Packages



Service Packages

Your Investment For Your Future

- Are you finding it hard to know where to start in the process?
- Are you worried about not getting the financial outcome you deserve now that your relationship has ended?
- Are you struggling in your co-parenting relationship?

Your financial outcome - Our objective in securing your enhanced financial outcome first will enable you to move forward with the other aspects of your divorce/separation.

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 settlement experts and divorce coaches for past clients.

At Equal Exes we want to ensure that you are reaching your goals, getting valuable and tangible outcomes, particularly financial, 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, three-month or six-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 of our 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. We work with all professionals involved in the divorce/separation process from lawyers, financial experts through to counselling, litigation funding and more.

A Divorce Coach/Settlement Expert will help you move forward, take the high road, and make the best possible decisions for YOU future based on your wants, needs and concerns. The team specialises in ensuring clients, like yourself, get the positive result you deserve when it comes to settling your relationship property settlements. When times are tough you need someone to hold your hand and guide you in a positive direction so you can move forward and have a new beginning.

We make the difficult easy for you by proactively managing your case. The outcomes we get for you include:

- We know the stressors - financial, legal and emotional - we have walked in your shoes.
- We want your scenario to be sorted out in a timely fashion - avoid the common mistakes and roadblocks.
- Assist you to get an enhanced financial outcome as it relates to your relationship property settlement agreement.
- Ensure you are co-parenting in an effective way so you are focused on the best interests of your children
- Cost effective - ensuring your case is managed tightly and your divorce team are held accountable. We want to help you to avoid unnecessarily racking up thousands of dollars during this process.
- Improved wellbeing - emotionally and physically you will feel better and less stressed as your Divorce Expert will efficiently help you keep your emotions in check as you go through the process.
- We make the complex less complex - "one stop shop" of expert advisors to call on.
- Equal Exes have a successful track record in holding clients hands as a sounding board/ thinking partner.

One-month Coaching Package

This includes:

- 3 x 60-minute coaching sessions of your choice OR Divorce Coach/Settlement Expert to attend professional meetings with you including lawyers, financial experts or other OR a combination coaching and meeting attendances
- Coaching workbooks that will give you the positive sustainable outcomes you need including self-reflection exercises and readings
- Closely managing your case - your divorce expert is available 24 hours 7 days a week via phone, text and email support
- Providing you with a plan going forward, divorce checklist, how to choose a lawyer and other appropriate resources
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more

Three-month Coaching Package

This includes:

- 9 x 60-minute coaching sessions of your choice OR Divorce Coach/Settlement Expert to attend professional meetings with you including lawyers, financial experts or other OR a combination of coaching and meeting attendances
- Coaching workbooks that will give you the positive sustainable outcomes you need including self-reflection exercises and readings
- Closely managing your case - your divorce expert is available 24 hours 7 days a week via phone, text and email support
- Helping you manage your paperwork such as:
 - Creating shared marital assets spreadsheets
 - Assisting you in compiling your legal documentation including affidavits, timelines and the like
 - Providing you with a plan going forward, divorce checklist, how to choose a lawyer and other appropriate resources
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Informal negotiation/mediation sessions with ex-partners (if required - there may be an extra cost depending on your scenario)

Six-month Coaching Package

This includes:

- 18 x 60-minute coaching sessions of your choice OR Divorce Coach/ Settlement Expert to attend professional meetings with you including lawyers, financial experts or other OR a combination of coaching and meeting attendances
- Coaching workbooks that will give you the positive sustainable outcomes you need including self-reflection exercises and readings
- Closely managing your case - your divorce expert is available 24 hours 7 days a week via phone, text and email support
- Helping you manage your paperwork such as:
 - Creating shared marital assets spreadsheets
 - Assisting you in compiling your legal documentation including affidavits, timelines and the like
 - Providing you with a plan going forward, divorce checklist, how to choose a lawyer and other appropriate resources
- Referrals to appropriate wraparound services including legal, financial, health and wellness, counselling and more
- Informal negotiation/mediation sessions with ex-partners (if required - there may be an extra cost depending on your scenario)

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

**Should I go or
Should I stay?**

**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
(Including
parenting Plan)**

**Conflict
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

Parenting Best

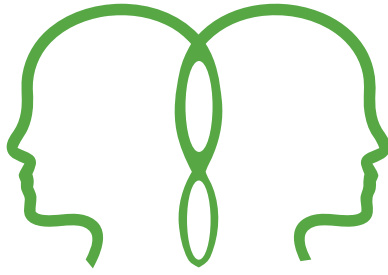
Are you struggling with the difficulty of needing to tell your children, and needing to protect them from the damaging effects of your divorce.



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



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



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



New Beginnings

Discover Your Personal Strengths & Redefine Yourself

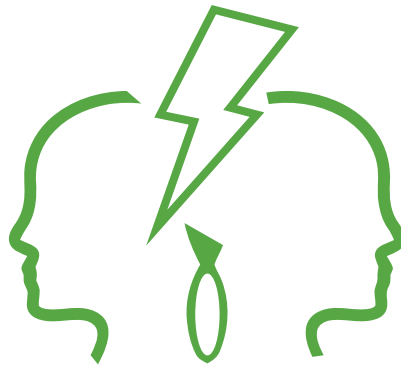
Discover your personal strengths and redefine yourself. This is the package to help you get back on your feet and thrive as your new, independent you.

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



Conflict Coaching

Do you find yourself in conflict with your partner or soon to be ex? Are you having issues in your workplace? Are you in a dispute with your neighbour, a family friend or one of your children or others? Is your business being affected by conflict?

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, such as workplace disputes. 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 divorce coaching 60 minute sessions

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



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

www.equalexes.com