

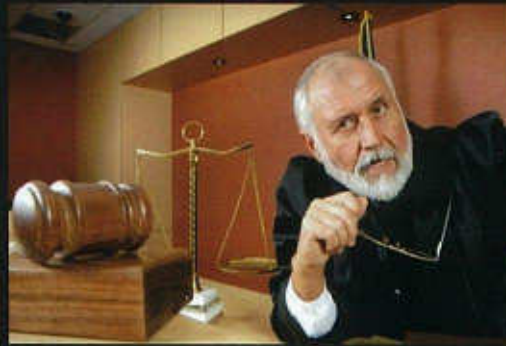
Applicable Solutions Life Coaching Services is led by founder **Michael Brooks N.D., Ph.D., Board Certified BCBC Counselor, LCI Certification, AACC Master Life Coach Certification.** Mike utilizes his coaching skills of 25 years in the areas of, **Personal and Marriage Relationships.**

Are you in the process of Divorce? Do you have a relationship that isn't working, or that you want to improve and work on? Is your marriage in trouble, and is there still hope of reconciliation? Or do you need to end an unhealthy relationship? If you answered yes to any of these, I can help you as a Divorce Coach.

What is a Divorce Coach?

Most attorneys are not trained to act as Counselors or Divorce Coaches and cannot provide the proper emotional support to their clients. As a result, the attorney and client spend hours discussing the emotional aspects of divorce and the client ends up paying a large bill and receives little more than a shoulder to cry on.

In addition, many divorcing couples wind up in the traditional litigation route because they are reacting to fear, anger and a desire for getting even and are not thinking about what will happen once the divorce battle has ended.



A Divorce Coach helps solve these problems by refocusing emotion-based thinking and helps the couple determine what is most important for themselves and their children, both presently and in the future.

It is important to note the difference between a Divorce Coach and a Counselor. A counselor seeks to uncover the source of the problem, whereas a Divorce Coach will focus on the current and future issues you are facing and works on problem solving. So, rather than seeking a reason why the divorce happened, a coach will help clients take action and develop a plan for dealing with the current and future issues.

You don't have to do this alone! Make that call today. 303.456.0555 or visit my website www.applicablecoaching.com.

Mike has used his coaching skills with professional athletes, doctors, lawyers, health care professionals, and men and women of all ages and professions.

Many of my clients come to me with little or no energy left to accomplish what they want out of life (life's battles). They say that there always seems to be a mountain to climb (major problem), and for others, a wall (major disaster) to run into. Does this sound familiar?

Divorce Coaching offers structure and holds clients responsible for assuming a pro-active role. A Coach may recommend material for clients to read, work on, or refer to for future use. Clients can benefit by working with a Coach in setting realistic expectations for the process and receiving education about the options available for divorce. Being informed and prepared helps clients make important decisions with confidence. Guiding clients in clarifying their thoughts, needs, and concerns, in order to communicate more effectively, is another important function of the Coach. Clear, purposeful and rational communication helps to ease tension and foster understanding between spouses, as well as parents and children.

In addition, through online and or telephone, divorce coaching is made affordable, accessible, anonymous, and available by appointment, from the privacy of your own home. Avoid the travel and time it takes to get to my office. Since you never have to leave the comfort of your own home to meet with me, your anonymity and privacy is completely secured.



Did you know that...

Americans divorce more than any country in the history of the world.

The divorce rate has increased in the U.S. every decade since 1890.

Dynamics of Divorce Coaching:

Delayed and later life marriages are the norm for society today.

Divorce is often a lengthy process that can last for years.

The person who often seeks divorce coaching is the one who did not initiate the divorce proceedings.

Divorce coaches help repair and rebuild life.

How the biological parents dealt with divorce literally determined the future of their sons and daughters.

Do you need a Divorce Coach to help you through the process?

What Divorce Coaching will do for you:

**Help you manage the early emotions.
Move you towards acceptance.
Process the grief and loss.
Understand the grief cycle.
Do's and don'ts in your divorce.
Forgiveness and letting go.
Building a new life.
The Five Keys to starting over.
Barriers to new relationships.
Finding new relationships.
Now what? Living in a blended family.**

Much like any crisis or trauma, the early emotions of a pending divorce include shock, disbelief, denial, anger, and the pain associated with the loss. Once the early emotions have been experienced, there is a need for people going through a divorce to make sure they continue to take the necessary steps in moving toward recovery.

As with any significant loss that involves a meaningful relationship, divorce can lead someone to a place of anger, bitterness, and lonely despair. Dr. Mike will walk you through the critical role of forgiveness in divorce recovery. Especially when it comes to wrestling with issues, like trying to prove who's right or wanting to get even.



After the grief process has run its course, divorced men and women must begin to consider their next steps in getting back to a healthy level of functioning. While this may not necessarily mean starting a new romance there is a need to take stock and evaluate relationships with family members and friends.

Part of building a new life is the acceptance of having been divorced. There are key issues in starting over, these include the need to avoid a victim mindset, having a balanced self-esteem and considering the future in terms of jobs, and finances.

Applicable Life Coaching & Counseling Services

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