



TAKE THE STRESS OUT OF DIVORCE WITH THE HELP OF A COACH

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By SAMANTHA CHAPMAN

DIVORCE can be one of the most painful experiences a person can face but, with a brand new service, those facing marital break-ups no longer have to go through it alone.

Single mum Kirsten Gronning has set up the first ever divorce coaching service in Surrey, specifically targeting areas such as Molesey, Walton, Esher and Cobham.

Her unique divorce management business is designed to help those in the crisis of unavoidable marital breakdown.

"I do not encourage divorce," Kirsten said. "But when all hope is lost in a marriage and breakdown is unavoidable, there is no-one with a practical, positive outlook to whom you can turn for advice and guidance."

After enduring five nightmare years of a painful and harrowing divorce, while bringing up three young children, Kirsten feels she has the knowledge and experience necessary to counsel others. "I was coping with so much but the process enabled me to set up the company with skill, valuable contacts and confidence," she said.

With more than 40% of marriages failing in the UK and the well publicised Paul McCartney v Heather Mills divorce case highlighting how painfully a marriage can end, The Divorce Coach has gone from strength to strength.

"Clients may be coping with emotions worse than grief," said Kirsten.

"This may include threat, manipulation and jealousy, piled on top of an intimidating legal process but I am not a therapist or lawyer.

"My company offers a different approach."

Kirsten's specialised divorce coaching helps to steer a path through the uncontrollable emotions that bubble up before, during and after divorce.

She also offers hands-on support, particularly where personal budget is limited.

While lawyers can offer excellent guidance, Kirsten offers several cost-effective measures which may eliminate the need for solicitors.

The company can also help provide a solution to facing new challenges after divorce.

"It is not about going through divorce," Kirsten said. "It is about growing through divorce."

The Divorce Coach encourages clients to act out of strength, not their weaknesses, to keep communication lines open

Kirsten asks people to think, not just where they want to be in the future, but what they can do to get there and how to find the resources.

Divorce coaching is extremely popular in the US, with many British families travelling overseas in a bid to get through the experience intact.

Children can be particularly affected by the break-up and divorce coaching can help parents to handle the impact the split has on their offspring.

Kirsten offers a free, confidential thirty minute telephone conversation to discuss ways in which she can help.

Call her on 020 81239046 or email Kirsten@divorcecoaching.co.uk.