

# PreparHub Divorce Coaching Cohort Outline

1

Date: Weds, May 8  
 Duration: 2 hours  
 Time: 8-10pm ET  
 Location: Virtual

## Week 1 - How We Got Here

- You Don't Have to be a Victim to be Abused
- See How Past Trauma and Attachment Styles Lead to Cycles of Abuse
- Understand How Abusers Groom Victims
- Identify the Various Forms of Abuse
- Understand Why We Stay
- Know Your Basic Rights on Divorce
- Understand the Process of Divorce
- Complete a Financial Check-Up
- Assess Your Social Support Network
- Understand the Effects of Trauma & Polyvagal Theory

2

Date: Weds, May 15  
 Duration: 2 hours  
 Time: 8-10pm ET  
 Location: Virtual

## Week 2 - Wanting Better

- Learn How to Set Healthy Boundaries
- Test Your Relationship: Can It Be Healed?
- Reconnect with Your Body
- Identify Your Triggers
- Finding Your Why: Imagining a Better Life
- Learn to Spot Intentional Boundary Violations
- Learn to Choose the Right Professionals
- Connect with Your Social Support Network
- Make a Safe Exit Plan and Safety Plan
- Prepare to Leave: Collecting Information
- Plan to Keep Your Kids Safe
- Plan For & Set Up Your Financial Future

3

Date: Weds, May 22  
 Duration: 2 hours  
 Time: 8-10pm ET  
 Location: Virtual

## Week 3 - The Exit

- Decide When to Leave
- Learn to Protect Yourself in the First Weeks
- Predict & Prepare for Your Ex's Reactions
- Understand Common Manipulation Tactics and Cognitive Biases Used by Abusers
- Plan Messaging & Timing for your Exit
- Telling the Kids
- Plan Your Narrative
- Learn to Communicate to be Believed
- Learn How to Manage Stress & Keep Cool

4

Date: Weds, May 29  
 Duration: 2 hours  
 Time: 8-10pm ET  
 Location: Virtual

## Week 4 - Coping With Big Transitions

- What to Do When You Want Them Back
- Learn to Grey Rock or Go No Contact
- Understand the Role of Social Media and Communication in Divorce Strategy
- Know When to Ask for Help
- Crafting an Effective Legal Strategy
- Learn Basic Rules of Evidence
- Setting Up a New Home & Helping Your Kids
- Learning Emotional Regulation & Mindfulness Strategies

5

Date: Weds, June 5  
 Duration: 2 hours  
 Time: 8-10pm ET  
 Location: Virtual

## Week 5 - Getting Perspective

- Learn Strategies for Turning Down the Faucet of Abuse: Tricks Abusers Use
- Coping With Post Separation Abuse
- Understand the Role of Therapy in Healing
- Learn about Various Modalities of Therapy that Can Help Process and Release Trauma
- How to Communicate with Your Boss
- Learn How to Ensure the Legal Systems Sees You as the Victim
- Reconnect with Your Social Network
- Reconnect with Your Body & Mind: Numbness & Windows of Tolerance

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	<ul style="list-style-type: none"> <li>Getting Used to the New Normal</li> <li>The Power of Quiet &amp; Stillness</li> <li>Learn How to Cope with Loneliness</li> <li>Rebuild Your Social Life</li> <li>Understand &amp; Start Healing from Trauma</li> <li>Help Your Kids Cope with Stress &amp; Transition</li> <li>Learn How to Parent Apart: Co-Parenting vs. Parallel Parenting</li> <li>Navigate the Steps of the Legal Process</li> <li>Learn Tactics for High Conflict Divorces</li> <li>Manage Finances Through Divorce</li> <li>Keep the Big Picture in Mind</li> </ul>

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	<ul style="list-style-type: none"> <li>Rediscover Things You Forgot You Enjoyed</li> <li>Calm Your Nervous System</li> <li>Grow from a Victim to a Survivor</li> <li>Learn to Co-Parent Like a Pro</li> <li>Learn Skills for Connection and Authenticity</li> <li>Learning Healthy Interpersonal Skills</li> <li>Learn How to Use and Craft Separation Agreements &amp; Court Orders that Work</li> <li>Become a Boundaries Expert &amp; Teach Your Kids to Self-Regulate and Set Boundaries</li> <li>Planning for the Future Again</li> <li>Breaking the Cycle</li> </ul>

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	<ul style="list-style-type: none"> <li>Consciously Establish Your Values</li> <li>Set New Goals: From Surviving to Thriving</li> <li>Become a "You" you can be Proud Of</li> <li>Treat Yourself Like Someone You are Responsible for Taking Care Of</li> <li>Financial Planning for the Newly Single</li> <li>Protecting Your Future: Estate Planning</li> <li>The Importance of Self Care</li> <li>Adapting to Single Parenting</li> <li>Considerations for new Relationships</li> </ul>

<div style="font-size: 3em; font-weight: bold; border: 2px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">PLUS</div> <p>Other Benefits &amp; Resources</p>	<h3>What Else: You Will Also Get</h3>
	<ul style="list-style-type: none"> <li><u>Live Interactive Sessions</u>: Sessions will held by Zoom, at a time agreed upon during the first session</li> <li>Small Groups (Max 8)</li> <li><u>Miss a Class?</u> Not to worry. Sessions will be recorded and made available in an online portal</li> <li><u>Online Resources</u> - Including Checklists, Questionnaires, Worksheets, Videos will be available in the portal</li> <li><u>Private Discussion Group</u> - Optional Private Facebook and What'sApp Groups let you connect with your cohort members for support</li> <li><u>Alumni Community Online</u> - online community for all former clients (1 year)</li> <li><u>Private Coaching Credits</u></li> <li>Each participant will get 8 credits to be used for personal coaching sessions with our panel of coaches and affiliates</li> <li>Each session is <u>1 hour</u> long</li> <li>You may mix and match - provided at least 1 credit must be used for each type of coaching Strategic Divorce Coaching, Therapy, Life Coaching, Legal Advice, Financial Coaching</li> <li>Redeem credits online</li> <li>Credits must be used within 1 year</li> <li>Ongoing coaching can be arranged.</li> </ul>