



Coaching & Consulting

It's Time to Rise!

SUCCESSFUL CO-PARENTING RIGHT FROM THE START

10 THINGS YOU CAN DO TO SET UP A SUCCESSFUL CO-PARENTING
RELATIONSHIP FROM THE BEGINNING OF YOUR DIVORCE & BEYOND



Did you know there are things you can do to help you create a successful co-parenting relationship with your ex starting now?

Here are 10 conscious actions you can take to create a peaceful new life for you and your children:

1

Believe that your children can be okay as long as you (the parents), have the skills to help them.

Work on yourself and your emotions so that you are able to be fully available for your children's needs.

(Examples of this are self love, self forgiveness, self care, etc).

2

3

Start thinking about the emotional barriers towards your ex you may be holding on to. Find ways to compartmentalize these feelings & understand this person is your child's other parent.

Understand that divorce is a 'loss' for all members of the family, even the children.

4

5

Imagine how you want to see your life 5 or 10 years from now.
What are you doing?
What are your thoughts?
What do you desire to have?

6

Take time to get clear about what YOU need for yourself and your children (without the other person) in order to be happy & healthy.
(Not necessarily money, but more emotional needs).

Identify your internal boundaries. In fact, you should know, understand, and respect those boundaries.

*For example; what do I need to do for myself to ensure that I go for a walk to clear my mind each day?
What is so important to help me stay motivated to do this?*

7

8

Try reframing how you view the divorce; similar to ending a business partnership negotiation

9

For every co-parenting decision, put yourself in your children's shoes and imagine how that decision might impact them and their life

Make a habit of asking yourself, "When my children are adults, will they have memories of me being a loving, supportive, and emotionally stable parent through this time?"

10

You may be divorcing, but your ex (aka "co-parent") will still be around for the rest of your life.

When you do all of these things and begin thinking about a co-parenting relationship as a business partnership, it becomes easier to separate the emotions each of you will have through the divorce & beyond. As co-parents, you will be able to keep the interactions focused on what each of you can do to help your children thrive.



A healthy perspective of divorce:

Divorce is the process of negotiating the uncoupling of a marriage contract and the beginning of starting a new business partnership.



Your new partnership mission statement:

*We will support our children so
they are able to grow into
happy,
healthy,
emotionally well-adjusted adults.
This new business partnership will
be called: 'Our Children'."*

If you are both ready to learn the skills and tools necessary for a successful co-parenting relationship, scan this QR code to enroll in my next Conscious Co-Parenting Through Divorce & Beyond Group Coaching Program. You and your partner will learn:



PROGRAM REGISTRATION

- *Signs of “Divorce Abuse” and how to prevent it*
- *Communication Techniques to de-escalate conflict*
- *An understanding of how divorce impacts your children*
- *Tools to put your feelings aside for your children’s best interest*
- *An understanding of why it is so important to work on your healing*
- *Tools to support you as you shift from the role of ‘partner’ to ‘co-parent’*
- *Conflict resolution skills so you and your family can start living in peace*



If you are thinking that this all sounds great, but there's no way the other parent will get on board with this mindset shift. I can help. You may be surprised that they'll be open to this unique concept. Let's get on a quick strategy session to help present this co-parenting program to the other parent.



SCHEDULING LINK



Hi, I'm Janet Price. I am a Divorce, Parenting, Co-Parenting, & Life Transition Coach. I understand & know first-hand what you're going through.

My parents divorced when I was in 6th grade & I have spent much of my life internally trying to overcome the "trauma" my parent's divorce had on me. I understand how your clients feel as they start the divorce process because I have

also been a divorcing parent trying to go through mediation on an unlevel playing field all alone.

This is why I've spent almost two decades studying the dynamics of my failed mediation (turned litigation) & earning certifications in divorce education so that I could overcome the divorce abuse and help myself and my children to heal.

It is my goal to end the generational cycle of pain & suffering caused when parents UNconsciously co-parent so that our children and grandchildren experience the freedom and joy of happy, healthy childhoods raised in strong loving child-focused home environments.

At Janet Price Coaching & Consulting, it is my mission to *support parents & children in divorce & beyond by providing innovative tools, strategies, & solutions that minimize the impact of divorce trauma for families to move from surviving to THRIVING.*

My goal is to end the generational cycle of pain & suffering caused when parents UNconsciously co-parent so that the children, their children, and their future children experience the freedom & joy of happy, healthy childhoods raised in strong, loving child-focused home environments.

Enroll today for the next Conscious Co-Parenting Through Divorce & Beyond Group Coaching Program!

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PROGRAM REGISTRATION