

This is a sample page of the Solace Client Emotional Handbook.



SOLACE
DIVORCE MEDIATION

EMOTIONAL HANDBOOK

WRITTEN BY JEN MITCHELL, ESQ



This is a sample page of the Solace Client Emotional Handbook.

WELCOME!

Welcome to your emotional journey of empowerment and growth. As you already know, divorce is just as much an emotional process as it is a legal process. Unlike the legal process, the emotional process of divorce does not have any guidance. It is different for every person, and can be much more difficult to process.

The Solace Emotional Handbook is designed to provide you with helpful resources, support, and tools to help you emotionally process your divorce, and emerge stronger and more aligned and in love with yourself than when you entered.

It is an honor to work with you on your Divorce Journey. Deep breath... let's go!

Jen KOK



This is a sample page of the Solace Client Emotional Handbook.



HOW TO USE THIS HANDBOOK

Throughout your journey you will have good days and bad days, and some days that will be a continual combination of the two. This Handbook, and your 8 week journal prompts, are powerful tools you can use when emotionally processing any stage of your divorce journey.

So we recommend taking a quick look through the whole book at first and start with any section that resonates with you. Pick up the handbook again at a different time and do this same thing. You are going to change throughout this process, and will need different things at different times. Honor this process and trust that the right information will be at your fingertips when you need it!



QUESTIONS?

admin@solacedivorce.com

www.solacedivorce.com

@solacedivorce