



## IBB Coaching

### Why is coaching so important and what will it give me?

Working with a breakup & divorce coach alongside your solicitor and/or financial adviser might at first seem like yet another expense, at a time when your finances are uncertain, and you're worried about what the future holds.

This is a false economy.

Working with a coach will save you money, and give you personalised support through the process.

#### Here's how:

Divorce is an emotional rollercoaster, and the emotional ups and downs can derail the legal process. When you react quickly to triggers through a fog of emotion, you may get stuck in a cycle of conflict, and the costs will rack up. Working openly with a coach will enable you to see beyond the fog.

A coach will hear your feelings, and show you how to shift them gently, to make space for logical thought and decision making. You will have clarity of thinking to make decisions that will affect the rest of your life.

You may need support to handle your communication with your ex, and the process of divorce with confidence – that emotional support will be money well spent, as you'll have strategies to deal with the curveballs divorce inevitably throws your way.

A coach will show you how to find calm and respond rather than react. You'll spend less time feeling overwhelmed and anxious, and you'll be able to see the wood for the trees. You'll be able to see options and choices.

You will have clarity on your priorities. You'll be able to give your solicitor clear instructions. That means less time spent with them on an hourly rate.

Fear might be paralysing, so you get stuck and avoid making decisions – coaches will face those fears with you and reduce their power, so that you can make informed choices. Staying stuck will cost you dearly.

When you are emotionally stable, you see more choices, and can make well-informed, clear, positive decisions. You enter into negotiations feeling stronger. Your divorce is likely to be resolved more quickly and with less conflict. The savings in legal fees will be significant.

Coaching will also empower you to see beyond your separation and divorce and, when you're ready, to start to create the blueprint for a new future.

Our coaches' fees will give you a great return on investment. You'll be calmer, clearer, more confident, and you'll make empowered choices for your future.

And the saving to your sanity will be priceless.

# Coaches

## Tosh Brittan aka Divorce Goddess

Relationship Resilience and Divorce Coach

Tosh has built an international following as 'the Divorce Goddess' with her tagline, "Your divorce is about you, not your ex" and recognised as a 'thought changer' in divorce for a number of years. Since 2014, Tosh has supported women and men to have more kinder and more compassionate divorces beginning with her blog. As a child of divorced parents, with two children of her own, Tosh took a leap of faith to 'do' her own divorce differently and has developed a successful coaching business to support others to do the same. Qualifying in 2015 as an MBSR (Mindfulness-Based Stress Reduction) teacher and coach, Tosh is studying for the Corporate and Executive Coaching Diploma with The Coaching Academy, she is also a Reiki Master teacher. She hosts the successful Divorce Goddess podcast and is the author of Kindness for Conflict. Tosh is passionate about empowering individuals to build great relationships with themselves and others and she shares her unique, successful coaching techniques, with her clients, on social media and podcasts in the UK and globally.



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**Divorce Goddess Podcast:** [open.spotify.com/show/3RFULPqQOVJ5haQube7V68](https://open.spotify.com/show/3RFULPqQOVJ5haQube7V68)

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## Claire Macklin

Break Up and Divorce Coach

Claire Macklin is a leading Break-up and Divorce Coach and author of "Break-up: From Crisis to Confidence", the essential guide for anyone facing a sudden separation. Twice divorced herself, Claire offers bespoke coaching empowering you to navigate your break-up and divorce with calm, confidence and clarity and, when you are ready, to create a new, vibrant life. She is a Master NLP Practitioner and single parent to two teenage boys. She is also a former solicitor. Using all of her professional and personal experience, Claire has built a thriving coaching business, empowering clients all over the world to create fulfilling lives after a breakup or divorce.



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## Tom Nash

### Mr Divorce Coach

Tom Nash, aka Mr Divorce Coach, is the UK's premiere Male Divorce Coach. A Diploma accredited Coach and certified Coach Trainer (Association for Coaching) he also holds Master Practitioner qualifications in NLP, CBT, Timeline Therapy and Hypnotherapy.

Having grown up a young child of divorced parents, then later in life the ex-husband of his own divorce, as well as father, step-father and co-parent of his own blended family, Tom knows first-hand the emotional rollercoaster and practical challenges faced when going through this psychological and physically demanding life changing experience.

He supports men, women and couples through the emotional journey of their divorce/separation, assisting clients to better manage and self-regulate emotions, improve their mindset, building resilience and self-esteem, unearthing clarity and congruency in decisions, as well as practical resources such as improving communication strategies, to co-parenting planning and boundaries.

Tom comments regularly in the national press, tv and radio, on a wide range of divorce and separation topics. He is also recognised as a unique specialist in areas such as:

- Adultery and Affairs
- Male Victims of Domestic Abuse
- Men's Mental Health in Divorce
- Co-Parenting
- Step-Parenting
- Blended Families



**Website:** [www.mrdivorcecoach.co.uk](http://www.mrdivorcecoach.co.uk)

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## Kate Ryan

Partner, Family and Matrimonial, IBB Law



Kate Ryan deals with all aspects of divorce and separation, including the financial issues consequent upon relationship breakdown. She acts on behalf of a broad range of clients advising on complex issues relating to businesses and limited companies, the family home and other matrimonial property, tax and pensions issues, which are often the main areas of concern for clients when dealing with a relationship breakdown. Kate is also an expert in mediation.

Kate is a member of Resolution and is a trained Resolution Mediator and can provide this service to clients wanting to use mediation to resolve their concerns. Kate also deals with the area of cohabitation and Trust of Land Act claims, and has experience in drafting and advising upon cohabitation and pre-nuptial agreements.

Kate also wrote our highly successful guide to divorce called “Heartbreak to Harmony Your guide to navigating the legal process during divorce” and was interviewed on BBC Radio London (August 2018) to discuss the judgement on the case of an unmarried other who won a court battle over widow’s allowance.

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### Fees:

Partnership Structure 1-hour sessions

Online – Zoom 20min Clarity/Consultation Call

Booked as a block of five sessions to be taken within six months £175 p/h  
(£875 per block of 5 sessions)

Follow-up email of session points, recommendations, and Dropbox file  
personal tool kit.

**See the podcast’s playlist on YouTube**



**Making the law work by understanding our clients’ wants in order to deliver bolder, brighter, better solutions.**

IBB Law is an award-winning, full-service, regional law firm with national reach. With offices in the Thames Valley, Heathrow and Buckinghamshire, we are perfectly placed to support businesses and individuals both regionally and across the UK.

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