

# Become an accredited Breakup & Divorce Coach

**With the world's number 1 Divorce Coach, Sara Davison**



THE INTERNATIONAL  
DIVORCE COACH  
CENTRE OF EXCELLENCE



Sara Davison  
The Divorce Coach



A woman with long brown hair, wearing a white patterned top, is smiling and looking towards the camera. She is standing in front of a large wooden bookshelf filled with many books.

## Welcome from our Founder Sara Davison, The Divorce Coach

### Welcome to our International Coaching Community!

As a Coach myself with over 28 year's coaching experience, I hope you see my passion shine through the accreditations I have created. My goal is to share with you everything I have learned as I have grown my own global coaching business, so you can create a business you love too.

My trainings at The International Divorce Coach Centre of Excellence will enable you to coach clients all over the world going through any kind of breakup or divorce, from their first heartbreak to moving on years after divorce. We help clients to cope better with the emotional roller coaster as well as the practical challenges they face.

I will show you how to empower clients to take back their control and get back in the driving seat of their lives. The transformational coaching style you will learn is empathetic and reassuring as well as dynamic and results focused.

A complimentary combination of webinars and videos, online workshop sessions, live zoom meetings and a detailed workbook ensures all learning styles benefit from our step-by-step approach.

You will learn the tools you need to create fast, positive transformations for clients whilst also learning how to generate an income stream from a rewarding career that you love.

This is much more than a training programme, as our Coaching Community provides help and advice for months and years ahead as your questions evolve and your business grows. Welcoming and friendly support from a global network of Coaches provides a valuable resource to enable your success.

If you have any questions, do reach out and book a call - <https://calendly.com/saradavison/practitioner-call> - as we are always happy to help. I look forward to seeing you on a webinar soon!

A handwritten signature in blue ink that reads "Sara".

Sara

A woman with long brown hair and glasses, wearing a white top, is looking down at a document she is holding. The background is blurred, showing a white chair and some greenery.

## Breakup & Divorce Coach Practitioner Accreditation Training

Sara shares her 28 years of coaching experience with you to fast track your learning, sharing with you what she uses today in her Coaching Clinic with her own clients.

### Part I: How to be an outstanding Coach

- The structure of a coaching session
- What questions to ask
- When to ask them
- How to take notes to avoid brain freeze
- How to listen effectively
- How to spot the red flags and what to do with them
- People reading skills
- How to dig deeper with clients
- How to unpack all the options
- How to create light-bulb moments with clients
- How to create an empowering Action Plan to create momentum between sessions
- Coaching code of conduct

#### We also cover

- How to avoid the biggest mistakes Coaches make
- Create your brand
- Identify your niche
- Get started with your website information

#### What you will learn

- Coaching skills to achieve fast positive transformations
- Step by step how to run your coaching sessions with any client
- Setting up your coaching business to succeed





## Part 2: Your Breakup & Divorce toolkit: Techniques, strategies and practical tips

This is where we give you WHAT TO SAY to your clients for any given breakup and divorce scenario. Sara shares all the tools she uses in her Coaching Clinic so you can have confidence you will add massive value to all your clients.

### We cover all areas of breakup and divorce including

- Heartbreak
- Affairs
- Betrayal
- Conflict
- Confidence
- Self esteem
- Parenting
- Dealing with an ex
- Navigating the divorce process
- How to choose a lawyer and how to work with them
- Self-care
- Rediscovering identity after breakup
- Letting go and moving on
- Dating again
- Dialling down negative emotions
- Creating an exciting future
- And much, much more

Under each topic you will find a variety of techniques, strategies and practical tips you can use with clients to help them deal with each specific situation.

### Our tool kit includes

- Self-discovery tools to shine a light on behaviours and patterns
- Personal development strategies
- Empowering techniques to create positive changes
- Transformational tools to turn pain into power
- Practical advice that can be implemented to see immediate results

### What you will learn

- Mastery of a tool kit to use with any client for any breakup scenario
- A wide range of techniques to choose from
- How to create fast, positive transformations
- The secret to creating light bulb moments for clients
- To coach with confidence and competence

## Part 3: How to grow your Coaching business

Learn from Sara Davison, The Divorce Coach as she shares over 28 years of experience of growing her own coaching business. She shares with you her learnings and proven methods so you can replicate them rather than reinventing the wheel.

You will have the tools to be an outstanding Coach and now we share how you can create a successful business too.

### Included in this section

- The essential tools needed for your coaching business
- How to identify your niche and specialist coaching areas
- Effective strategies to attract your ideal clients
- What you need on your website
- How and where to target new potential clients
- How to create and leverage your branding
- Insurance and data protection information

### You will learn

- Everything you need to get your coaching business up and running
- How to fast track your growth and client reach





## How we deliver our training

Everyone learns differently so we ensure a combination learning approach to cover all bases.

### Online video library and workbook

- Over 50 videos covering all the course content
- Watch from home at your own pace
- Lifetime access
- Exercises in workbook to enable skill mastery

### Live Zoom meetings

- Minimum six live sessions per month
- Training with Sara and her trainer Coaches
- Get your questions answered
- Deep dive into coaching techniques and business growth strategies
- Hear from leading experts in our field
- Coaching support and supervision
- Hear what others in our International Coaching Community are doing to grow their businesses
- Online workshop sessions\*
- Meet and get to know other Coaches

### \*Overview of topics covered in the online workshop sessions

- Role play coaching techniques and strategies
- Proven social media tips
- Scripts for discovery calls
- Top tips on video production
- Media training for radio and TV
- How to run a webinars plus IG and FB live sessions
- PR essentials including press releases and who to target
- How to respond to current events
- Content creation tips

### Private Facebook Coaching Community page

- Connect with other Coaches for buddy sessions
- Get your questions answered
- Share successes
- Global networking opportunities
- Resource library of all Zoom sessions

This training is accredited by Sara Davison, The Divorce Coach, the world's leading Divorce Coach, twice best-selling author and podcaster. It is also accredited by the CPD Standards Office. The International Divorce Coach Centre of Excellence has trained over 300 Practitioner Coaches in 17 countries and 5 continents.





## Breakup & Divorce Coach Master Practitioner Accreditation Training

This revolutionary training combines advanced coaching techniques with domestic abuse training. It enables Coaches to help and support victims of abuse throughout the entire breakup process.

The training covers all types of domestic abuse; how abuse works; how the breakup and divorce process is different for abuse victims; how to spot the signs of abuse; trauma recovery and essential safeguarding information.

This training is unique as it has a triple accreditation to ensure that the information provided is of the highest quality.

- **Sara Davison, The Divorce Coach**
- **CPD Standards Office**
- **The Dash Charity - as a UK regulated domestic abuse charity**



## Part I: Essential skills for a Master Coach

### The mindset of an outstanding Coach

- How to think like a pro
- The importance of daily routines
- A powerful method to check in with your current mindset

### How to claim your Coaching confidence

- Defining what makes you a successful Coach

### The best work starts with you

- How to coach when you're dealing with your own challenges
- How to work on your 'stuff'
- Why identifying your coping and conflict resolution strategies can benefit your clients

### How to blow the doors off your Coaching business

- The importance of tuning into your passion and purpose
- The power of vulnerability
- The role of healthy love and connection
- Using failure as an opportunity to learn
- How to deal with feeling scared or worried about what other people will say about you

### Advanced Coaching techniques

- Energy Coaching
- Excavation Coaching
- Empowering Linguistics
- The importance and power of your network





## Part 2: Defining abuse and toxic relationships

### Taking responsibility

- A commitment to self-care

### Getting clarity

- What is domestic abuse?
- The journey into an abusive relationship
- The impact of an abusive relationship
- Why do people stay in abusive relationships?
- How to let someone know they're in an abusive relationship

## Part 3: How to become a Breakup & Divorce Coaching expert

### Taking back control

- How to help your client step away for good
- Understanding the divorce process
- Playing the negotiation game
- Boosting your client's resilience during a divorce

### Focusing on moving forwards

- Kids and co-parenting
- Helping your client reclaim a sense of self
- The steps towards a brighter future

## How we deliver our training

This programme runs three times each year and is delivered over a 10 week period to ensure maximum support for our Coaches with the content.

### Online videos, workbook and Case Studies

- Video training covering all the course content
- Video interviews with global leading experts
- Detailed workbook with exercises to hone skills
- Case Study workbook to enable skills mastery

### Live Zoom meetings

- Five live Zoom sessions with Sara
- Training on tools and techniques
- Deep dive into abuse content
- Get your questions answered
- Coach support and supervision
- Master Class workshops\*

### \*Overview of topics covered in the online workshop sessions

- Sara invites leading global abuse experts to speak
- Deep dive into abuse content
- Advanced coaching tools
- Role plays of coaching scenarios
- Current domestic abuse news and updates
- Meet and get to know other Coaches
- Business growth and networking tools for this niche

### Also included

- Minimum 5 hours of buddy coaching sessions to hone your skills
- Minimum 10 hours coaching with victims of domestic abuse
- Minimum 5 hours attending Freedom Programme with The Dash Charity

This training will enable Coaches to go deeper in sessions with victims of domestic abuse and provide much needed support and understanding during the breakup process.

This is a fast growing niche area of coaching post pandemic and a very rewarding specialist area.

The International Divorce Coach Centre of Excellence has trained over 100 Master Practitioner Coaches around the world.

**For more information, please contact:**

Email: **[marina@saradavison.com](mailto:marina@saradavison.com)**

Business Hotline: **01344 202150**

Website: **[www.saradavison.com/coaches/coach-signup](http://www.saradavison.com/coaches/coach-signup)**



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