



Understanding the role of a divorce coach

The divorce coach helps the client in ways that are different from a therapist, a mediator, and a lawyer, and complements their work in helping the client to make the best decisions for their future based on their own unique situation. Clients often choose to build a divorce team made of a combination of various professionals from the list below, depending on their needs.

Divorce Professionals

Lawyer or Solicitor	Advises all legal rights and matters. Negotiates and prepares divorce agreement on client's behalf. Represents client in court, if necessary. Attorneys may be recognized as experts in certain areas of marital law, such as Military, LGBTQ, International and Expatriates.
Mediator	Works with both parties jointly to facilitate the negotiation of the terms of the divorce or separation, i.e. property division, parenting, etc. Acts as an impartial third party.
Certified Divorce Coach	Supports the client(s) to make informed decisions, gain clarity, confidence and courage so they can fully participate in the process as their best self before, during, and after divorce.
Therapist	Supports the client in examining and understanding what happened in the relationship. Helps client heal from family of origin issues or unrelated trauma. Treats mental health conditions. Therapists may specialize in concerns commonly impacting divorce: Addiction, Abuse, and Personality Disorders, as examples.

Source: Certified Divorce Coach website