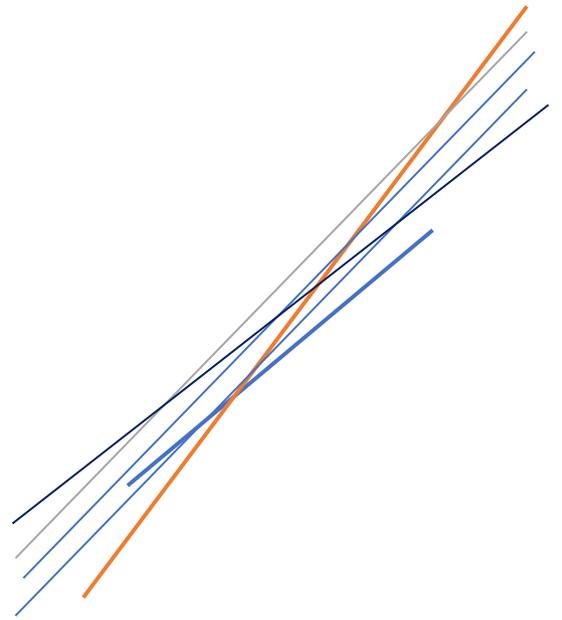


Life After Divorce

 *Patricia Lavigne*
Separation & Divorce Coach





What does it look like to you? Are you feeling lonely, sick to your stomach, your knees are shaky, you don't know what to do or think. Your life feels like it's over, you don't have a home, or your family is being distant. You lost all your close friends. Your crying all the time. One moment your angry then you're scared.

You ask yourself. What do I do now? How do I fix this? My life is over. I don't want to be alone. It hurts to feel this way. Your emotions are like a yoyo all over the place. One day you're ok the next your crying. Oh, the pain of a divorce.

I know the feeling. I was there once. When I was divorce, I had some furniture, clothes, one income, 2 kids to raise and thought OMG how I am going to do this. But I knew I had to be strong for my kids. I took one step at a time and started to put my life together.

When you first leave you are stuck in the moment. **You feel your life is over and you're never going to be able to move on.**

The feelings are true, but your life will eventually move on. But it's up to you to make the changes. It's up to you to create a life of content and happiness.

But your probably feeling stuck and not sure where to start. That is why I created a 6-week course called "Life After Divorce" so you can take that step to make changes in your life. To be able to take control of your emotions and talk to others about your feelings and what your experiencing. To find effective ways to be able to communicate and solve problems in a manner to feel good about the changes your making. To work through your fears and find a way to forgive yourself and the other person who made you feel this way. In addition, it will also help you build a business relationship with your co-parent with the best interest of your children. You will be able to get a clearer vision of your future and the new life you're going to create.



I can't tell you that your life will change, and you will feel great again about the changes you made, the opportunities to meet new people and start your life over. I am a product of that life. I have two great kids, a house, a career and wonderful friends.

So, take a few moments sit down and start to write down on what you want your life to be like after the divorce is over. If you're interested in taking my course I can offer you details and bring your comments, so we can start creating your **"LIFE AFTER DIVORCE"**

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous