



Teenagers Dealing with Divorce



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Family

IS EVERYTHING

With the divorce rate rising over 50% teenagers are having to deal with the consequences of family break ups.

Teenagers are dealing with enough changes in their life to have to deal with adult issues. They need to make friends, get through school, think about their future career and just be a kid. This type of situation doesn't allow teens to have a base foundation to work from as they become adults.

Parents need to take ownership and responsibility of their own actions and not involve the kids. The best way to work with the co-parent is to build a business relationship and take your personal feelings out of the decision making when it involves your kids.

“Seven Ways When Dealing with a Co-parent.”

1. Stay focused on what is most important to build a business relationship
2. Find effective ways to communicate and clearly understand your children’s needs
3. Create a schedule so both parents are involved with the teens activities
4. Schedule meetings to discuss kid issues (school, vacation, sports etc.)
5. Don’t allow the kids to get between you when it comes to adult issues
6. Don’t let the kids feel guilty when they want to be with the other parent
7. Above all be a responsible parent and create a family foundation so you will be involved on a regular basis

Being a parent is forever. Take the time now to make it a smooth transition so both parents and kids can work towards building a happier home that can involve everyone.

Moving forward will help you make better choices and build a healthy life.

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