

<b>Month 1</b>	<b>Support</b>	Creating the right support and basic self care to ensure you can make good decisions, manage your emotions in the months ahead and look after your children.
<b>Month 2</b>	<b>Accept</b>	Acceptance of your situation can be one of the hardest parts of your divorce journey, and crucial for your own success in moving on with your life. You will likely go through 5 stages of grief. We will give you the support, space and tools to help you get there.
<b>Month 3</b>	<b>Vision</b>	In order to move forward you need to focus on your future so you have something to motivate you on the days when it gets tough.
<b>Month 4</b>	<b>Calm</b>	Bringing a state of calm to your mind, so you can take control of your emotional state and deal with triggers.
<b>Month 5</b>	<b>Heal</b>	To heal you need to know and treat the source of your pain and not just the symptoms. To know what is holding you back, what needs to heal?
<b>Month 6</b>	<b>Release</b>	Letting go is fundamental to moving forward and building a healthy relationship not only with your ex but with anyone new. It also allows you to forgive and find peace.
<b>Month 7</b>	<b>Redfine</b>	Reconnecting with you, who you are and more importantly who you want to be
<b>Month 8</b>	<b>Balance</b>	Finding balance between the different elements of you and your life can be a challenge, with this new found you comes an opportunity to find balance in all areas.
<b>Month 9</b>	<b>Create</b>	Time to take action to create the life you want
<b>Month 10</b>	<b>Strengthen</b>	Strengthen your resilience and your relationships so you can use all you have learnt to weather any storm.
<b>Month 11</b>	<b>Thrive</b>	Embrace the new found you and healthy habits and begin to attract new people into your life and expand your horizons. You can't even imagine now what you will be capable in 11 months time.
<b>Month 11</b>	<b>Blend</b>	Blend your family successfully so you all thrive together and as individuals. This is the legacy of your successful divorce what you all become.