



Divorce Coaching Guide

A resource to help you understand how divorce coaching can support you during the divorce process.

Goranson
BainAusley
FAMILY LAW

Overview

Divorce is not just a legal process. It can also affect your emotions, finances, parenting, daily routines, relationships, and sense of stability.

At Goranson Bain Ausley, we believe clients deserve more than legal representation alone. Many people benefit from having a trusted professional who can help them manage the emotional and practical challenges that often come with divorce.

That is where divorce coaching can help.

This guide explains what a divorce coach does, how divorce coaching works alongside your legal team, and why many clients find it valuable during and after divorce.

If you're a client at Goranson Bain Ausley, or you're exploring our services and are interested in working with a divorce coach, we can connect you with [Eric Robertson](#), who brings decades of family law experience alongside training as a counselor and mediator.

This Guide Covers

- **What Is A Divorce Coach?**
- **Situations Where a Divorce Coach May Be Helpful**
- **How Divorce Coaching Can Help**
- **How Divorce Coaching Works With Your Attorney**
- **Common Misunderstandings About Divorce Coaching**
- **How Goranson Bain Ausley Supports Divorce Coaching**

What Is a Divorce Coach?

A divorce coach is a trained professional who can help you navigate the emotional and practical challenges of divorce.

Unlike your attorney, a divorce coach does not provide legal advice or represent you in court. Instead, a divorce coach can help you:

- Manage stress and emotional overwhelm
- Stay organized and focused
- Communicate more effectively
- Clarify your goals and priorities
- Prepare for important conversations and decisions
- Develop healthier co-parenting strategies
- Move through the process with greater clarity and confidence

Many divorce coaches have backgrounds in mental health, conflict resolution, family systems, or communication coaching. Some also have legal experience, which can help them better understand the emotional and practical realities of divorce.

Divorce coaching is not therapy, although it can be highly supportive emotionally. The focus is often practical, future-oriented, and action-based.

Situations Where a Divorce Coach May Be Helpful

Even highly capable and successful people can feel emotionally exhausted during divorce. A divorce coach can be especially valuable when you're dealing with things like:

- Anxiety about what the future holds
- Worry about finances or parenting arrangements
- Lingering anger or resentment toward a spouse
- Trouble concentrating or making clear decisions
- Ongoing conflict with a spouse or co-parent
- Pressure from family or friends
- Exhaustion from drawn-out negotiations or litigation

These feelings are normal. But when emotions take over, they can sometimes make the legal process harder, more expensive, and more stressful.

A divorce coach can help you work through them while staying focused on the decisions that matter most for your future.

How Divorce Coaching Can Help

Emotional Support During a Difficult Time

Divorce coaching provides a confidential and judgment-free space to talk through concerns, frustrations, fears, and challenges.

A coach can help you:

- Respond thoughtfully instead of reacting emotionally
- Manage conflict and stress
- Build coping strategies during difficult moments
- Stay grounded during negotiations or court proceedings
- Focus on long-term goals instead of short-term emotions

Many clients say having someone focused on their emotional well-being helps them feel more stable, supported, and less alone during the process.

Clarity Around Decision-Making

Divorce often involves major decisions about children, finances, property, and the future. When emotions are high, it can be difficult to think clearly.

A divorce coach helps clients slow down, evaluate options thoughtfully, and clarify what matters most to them.

This can help clients:

- Make more informed decisions
- Avoid impulsive reactions
- Keep perspective during conflict
- Stay aligned with long-term priorities

Improved Communication

Communication is often one of the hardest parts of divorce. A divorce coach can help clients prepare for difficult conversations with:

- A spouse or former spouse
- Co-parents
- Children
- Attorneys
- Family members

Coaches may help clients practice conversations, improve communication skills, and develop healthier responses to conflict.

This is especially important in co-parenting relationships where ongoing communication will continue long after the divorce is finalized.

How Divorce Coaching Can Help

Support for Parents and Co-Parents

For parents, divorce coaching can help reduce conflict and create healthier communication patterns that support children during the transition.

A divorce coach may help parents:

- Focus on the children's emotional needs
- Reduce conflict in front of children
- Improve co-parenting communication
- Develop strategies for difficult parenting situations
- Create healthier boundaries

Many families benefit when parents are better able to communicate calmly and make child-focused decisions.

Organization and Practical Support

Divorce can involve large amounts of paperwork, deadlines, financial disclosures, and logistical decisions.

A coach can help clients:

- Stay organized
- Break large tasks into manageable steps
- Prepare for mediation or meetings
- Gather documents and information
- Reduce feelings of overwhelm

Clients who feel more organized often experience less stress throughout the process.

How Divorce Coaching Works With Your Attorney

Your attorney and divorce coach serve different but complementary roles.

Your Attorney Focuses On

- Legal advice
- Protecting your rights
- Court procedures and filings
- Negotiation and settlement strategy
- Legal advocacy
- Financial and parenting issues under Texas law

Your Divorce Coach Focuses On

- Emotional support and stress management
- Communication skills
- Decision-making support
- Preparation for meetings or mediation
- Goal clarification
- Day-to-day practical support

Together, this team-based approach can help clients feel more supported throughout the process.

Many clients find that having both legal guidance and emotional support allows them to make clearer decisions and move through divorce more efficiently.

Common Misunderstandings About Divorce Coaching

“I already have a lawyer. Why would I need a coach?”

Your lawyer’s role is to provide legal guidance and advocacy.

A divorce coach helps support the emotional and practical side of the process. Many clients appreciate having someone who can help them process stress, prepare for difficult conversations, and stay focused between legal meetings.

“Does hiring a coach mean something is wrong with me?”

No. Many people who work with divorce coaches are highly capable professionals, parents, executives, business owners, or individuals simply facing one of the most stressful transitions of their lives.

Seeking support during a major life transition is a sign of self-awareness, not weakness.

“Is divorce coaching the same as therapy?”

Not necessarily. Therapy often focuses on healing past emotional wounds and deeper mental health concerns.

Divorce coaching is generally more future-focused and practical. Coaches help clients navigate the divorce process itself, improve communication, manage stress, and prepare for the next stage of life.

Some clients work with both a therapist and a divorce coach.

How Goranson Bain Ausley Supports Divorce Coaching

If you decide divorce coaching is right for you, clients at Goranson Bain Ausley have the opportunity to work with [Eric Robertson](#), who brings a rare combination of legal, counseling, and conflict-resolution experience to the divorce process.



Eric practiced family law for more than 30 years, handling complex divorce and custody matters involving significant financial and emotional challenges. In addition to his legal background, he is a Licensed Professional Counselor Associate, supervised by Lisa Blackwood, LPC-S, LCDC. He is also a certified mediator and a graduate of the American Academy of Matrimonial Lawyers Matrimonial Arbitration Institute, giving him additional insight into negotiation, communication, and constructive dispute resolution.

This combination allows Eric to understand both the legal realities of divorce and the emotional impact many people experience during the process. Clients often appreciate working with someone who understands how emotions, communication, parenting concerns, and financial stress can affect decision-making during a difficult transition.

Divorce coaching helps clients move through the process with greater clarity, stability, and confidence about the future.

A More Supported Approach to Divorce

At Goranson Bain Ausley, we believe divorce should not be approached as simply a legal battle. For many clients, having the right support system can make a meaningful difference in both the experience and the outcome.

A divorce coach cannot remove the difficulty of divorce, but they can help clients move through the process with greater clarity, emotional steadiness, and confidence. The goal is not simply to get through the divorce — it's to help clients make thoughtful decisions, protect what matters most, and begin building the next chapter of their lives.

If you would like to learn more about divorce coaching, or whether it may be helpful in your situation, [speak with your Goranson Bain Ausley attorney](#). We are committed to helping you navigate divorce thoughtfully, strategically, and with the support you need throughout the process.