

Recipe for a Heart-Healthy Divorce™

Seminar Series



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Divorce does not have to be bitter, and the secret is all in the ingredients. It's a transitional time in life that comes with a degree of pain. But you do not have to Lawyer Up. In fact, with this Recipe, you can Lawyer Down. You can turn the temperature of a hotly contested emotional experience into a creation of cool, amicable decision-making.

LEARNING OBJECTIVES

1. Turn a Bitter Divorce Sweet
2. Neutralize the Acidity of Words to Control Brewing Conflict
3. Prevent Divorce from being All-Consuming
4. Use Laughter as Nutrition for the Heart

GOAL SETTING and MISSION

To teach people how to divorce holistically, intelligently, amicably, and with more control over the outcome than one might think. To help people Use Divorce as a Growth Experience. To show people how to learn from the choices made in a mate, in a lifestyle, in the idea of how marriage should be. To share how the Life Change of Divorce can create Growth if approached in a practical, organized, insightful and balanced manner.

Judith M. Weigle, award-winning Divorce Mediator and Host of THE Amicable Divorce Expert, brings her 10 years of knowledge and solutions to the table to feed the needs of people evolving out of marriage. "My philosophy is the same for all life challenges: Use it to grow."