

# The Divorce Coaching Hour

with **Christy Stratton**

**CHRISTY** Stratton



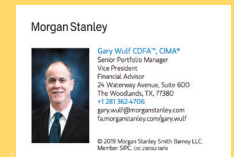
Every Saturday from 1-2 pm  
100.7 FM KKHT– Houston  
or [KKHT.com](http://KKHT.com)

Your educational and informational resource whether you or a loved one is considering divorce, going through it, or rebuilding your life after.

## How Can a Divorce Coach Help?

- They help you evaluate choices with eyes wide open.
- They serve as a “Thinking Partner” to help you make better decisions through the process.
- They walk with you to make an overwhelming experience less so.
- They help you improve communication during and beyond the process.
- They help you develop clarity, confidence and courage.

Made Possible By:



## What is a Divorce Coach?

*“Divorce coaching is a flexible, goal-oriented process designed to support, motivate, and guide people going through divorce to help them make the best possible decisions for their future, based on their particular interests, needs and concerns.”*

THE AMERICAN BAR ASSOCIATION

For More Information:  
**TheDivorceCoachingHour.com**  
**281-944-8043**

Podcasts also available on  
**TheDivorceCoachingHour.com**

