

Child and Family Counseling Group

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What I Would Like to Achieve Through Divorce Coaching

Please rate and circle the following statements from 1 - 5 with 1 being least desirable and 5 being most desirable.

— Improve my communication skills, especially around co-parenting issues.

1 2 3 4 5

— Obtain more information about the divorce process.

1 2 3 4 5

— Develop my ability to keep my cool and think clearly in tense situations.

1 2 3 4 5

— Learn how to be a good advocate for myself – be assertive.

1 2 3 4 5

— Learn ways to manage my emotions so they don't get in the way of the process.

1 2 3 4 5

— Develop effective strategies to improve my negotiation skills.

1 2 3 4 5

— Get help in clarifying my ideas and presenting them in an effective manner.

1 2 3 4 5

— Develop skills to manage both my own anger as well as dealing with others' anger.

1 2 3 4 5

— Build my confidence in handling tense, emotional interchanges.

1 2 3 4 5

— Learn effective problem solving tools to use in help resolve impasses.

1 2 3 4 5

— Please note any other areas on which you would like to focus:

*After completing the rating for each item above,
please prioritize the list with 1 being most important.*