

Introduction to One Journey Consulting

Who is One Journey Consulting?

One Journey Consulting is a coaching and consulting firm, dedicated to clients' personal renewal and rediscovery during significant life transitions such as divorce, career change, mid-life re-assessment, etc.

What Is the Journey of Divorce™ Base Camp Program?

The Journey of Divorce Base Camp Program is a 6-week workshop for individuals who are divorcing or recently divorced. In addition to the support which comes from being in a group of people experiencing similar life issues, the Base Camp offers:

- *Tools for reducing the stress of the divorce experience*
- *Communication skills for more effectively speaking and listening in difficult conversations*
- *Coping skills for dealing with the emotional roller coaster of divorce*
- *Strategies for moving forward in a healthy and positive way.*

How is this different from therapy or "support groups"?

Many of our clients are also clients of therapy. What they tell us is that therapy is a powerful tool for understanding the root issues which drive recurring behaviors in their lives, while our programs assist them with practical, actionable strategies and steps for moving forward. Our programs work very well with a therapy practice or alone.

Who attends the workshops?

Our clients are women and men from all walks of life: business professionals, homemakers, attorneys, physicians, retirees. Some are in the first confusing days of separation; others have been divorced for many years. Some are financially comfortable; others are struggling to pay the mortgage under dramatically changed financial conditions. What they all have in common is a desire to take charge of their emotional divorce process – to move through the experience in a healthy and positive way.

Why do people come the Journey of Divorce™ Base Camp?

People come to Base Camp for several reasons:

- *They find that emotions are ambushing their ability to make good decisions in the divorce journey*
- *They are feeling stuck in anger, grief, or anxiety, and don't know how to move forward*
- *They are struggling to co-parent with an ex, and are looking for better communication skills*
- *They see some of the same frustrations of the marriage resurfacing in a post-divorce relationship, and want to understand what they are doing to co-create the dynamic.*

How do I find out more?

Base Camp Programs begin 3 or 4 times per year. Refer to our web site at www.OneJourneyConsulting.com for upcoming dates.