

DIVORCE CAN BE MESSY,
WE'RE HERE TO SIMPLIFY IT.

SERVICE PACKAGES



equal exes™

DIVORCING WELL

Are you feeling overwhelmed and don't know where to start in the separation process?

Are you worried about not getting the financial outcome you deserve now that your relationship is coming to an end?

Are you struggling to figure out your co-parenting relationship?

Going through a divorce can be a huge challenge. An average amicable divorce costs upwards of \$20,000, while a high-conflict divorce can cost anywhere from \$50,000 to hundreds of thousands. From the emotional toll it takes on everyone involved, to the financial pressures that it brings and the time it sucks up, divorce can be a nightmare.

It doesn't have to be.

Divorcing well is possible, with the right support by your side.



At Equal Exes, we simplify divorce by helping you create a roadmap for how you will get through it and a plan for where you'll take your life next.

By providing an empathetic ear, objective and unbiased guidance that comes from experience, and ongoing support, we will help you:



Decipher the complexities

Financial, legal, parenting, and wellbeing – we have experienced, trained experts, and coaches who have walked in your shoes.



Avoid costly mistakes

Sort your scenario in a timely fashion by working with people who've been there, done that, and will help you avoid common mistakes and roadblocks.



Enhance your financial outcome

Get the settlement and financial outcome you deserve when it comes to your relationship property settlement agreement.



Develop a co-parenting strategy

Make sure you are co-parenting in an effective way as you are focused on the best interests of your children.



Keep your costs controlled

Ensure your case is managed tightly and your divorce team is held accountable. Avoid unnecessarily spending thousands of dollars on legal costs during this process, and save money by being better prepared.



Improve your wellbeing

Feel better emotionally and physically as your Divorce Coach helps you keep your emotions in check throughout the process.

Meet Bridgette

I launched Equal Exes in 2019 after going through my own high-conflict, five-year divorce.

Combining my law qualifications, postgraduate in dispute resolution, and my entrepreneurial background, I decided to train as a divorce coach and a divorce mediator – and never looked back.



For me, divorce was a traumatic experience. The emotional toll on me and my four kids was horrendous, it cost me over half a million dollars, and the impact on my wellbeing from both living with an abusive ex and finally leaving him was huge.

I experienced so much grief and had so many questions as I left the marriage: What will I do with my life? How will I manage financially? How will I cope if I'm not parenting my kids full-time? Will our friends side against me? How can I improve my health?

At the end of it all, I was exhausted – physically and emotionally. I was met with so many pitfalls and made so many mistakes along the way. Now, my goal is to help other people avoid those pitfalls and mistakes as they go through their own divorce journeys.

I know what to expect – the questions that need to be asked, what a lawyer can and can't help with, how to communicate with a toxic ex, and how important it is to start preparing for the future early. All our Equal Exes Coaches have had similar experiences, and are hugely passionate about helping people reduce the emotional and financial toll that separation can have.

In other words, we want to help you divorce well.

In the following pages, you will find out more about our approach, and what to expect when working together. Whether you are on the fence about whether you should leave or not, are a couple who want to go through the process amicably, or are already embroiled in a messy separation, we would love to help.

Bridgette Jackson

Founder, Equal Exes

OUR APPROACH

There are four core aspects that need to be considered during any separation or divorce: **financial, legal, family, and wellbeing.**

Most traditional approaches to divorce focus on the legal aspect, with some of the financial and family considered; very few take a holistic approach to ensure you come out of a divorce financially, emotionally, and physically strong.

At Equal Exes, we believe in addressing all four quadrants – working with you on the areas you most need support in while always keeping an eye on the big picture.



During any of our programmes, we will cover areas customised to your scenario including but not limited to:

● **Parenting effectively through divorce and co-parenting.**

We will help you with the tools to focus on what's best for your children, establish healthy boundaries for yourself and others, and get clarity around an effective co-parenting strategy. Work together with your ex to finalise a parenting plan in the best interests of your children.

● **Dealing with a toxic ex.**

Learn how to deal with high-conflict personality types and to safely parallel parent with your ex (or adapt to solo parenting). We'll help you build resilience, develop assertive communication through roleplay, resolve conflict positively, manage your post-separation relationship, and more!

● **Pre-mediation coaching preparation.**

We'll provide you with workbooks to help you focus on understanding third-party mediation, the 4 key decision-making skills you need to practice, your future with the other party, the other party's point of view, the best and worst outcomes, finding solutions, ways to solve the options on the table, reality testing your options, and more.

● **Informal mediations.**

To keep your need for lawyers as low as possible, we also informally mediate people's relationship property and custody agreements – getting you to a result you are both comfortable with.

● **New beginnings.**

With tools to help you let go of harmful emotional attachments and the freedom to make different choices, you will re-discover your personal strengths – redefining yourself so you can get back on your feet and thrive.

How do we help you navigate a positive separation journey?

ASSESS YOUR SITUATION

You will take our Separation Readiness Self-Assessment to understand your current circumstances and where you might most need help or support.

If you are unsure whether you are ready to separate at all, we would recommend going through our 'Should I Stay or Should I Go' programme; otherwise you will select the programme that suits you best.

We will do a discovery session together to understand where you are currently at and ensure that we can help you in the most effective way possible.

DOING THE JOURNEY RIGHT

During our ongoing coaching sessions, we will work with you on each of the four crucial quadrants: financial, legal, family, and wellbeing.

During your Expert Advisor hours, relevant experts will help you move in the right direction through their specialist support and knowledge.

You can also choose to go through our Financial Capability Programme, run in conjunction with Cambridge Partners to help you become more financially independent.



create YOUR future

1

2

3

4

CREATING YOUR ROADMAP

We will start by creating your customised roadmap for separating with dignity. This sets out the outcomes you need and want – and shows you how you are going to get there.

You will get guidance, education, resources, and support from your Divorce Coach to help you begin moving forward and get on track towards a fair settlement.

WHERE TO NEXT?

At the end of your programme, we will come together to review how your journey's been so far.

You and your Divorce Coach will review the sustainable outcomes you have reached and identify where you need to go from this point – giving you hope and a plan for a happier future.

Throughout the programme you'll have access to:



Weekly check-ins.

Follow up support via phone/email.



Education.

Access to Expert Advisors.



Templates and resources on the Client Portal.

Secure and private Client Portal.



Divorce coaching.

● **What is the Separation Readiness Self-Assessment?**

From working with hundreds of families to effect a successful separation and settlement, we know that there is a lot of work to do and decisions to make to get through a separation effectively. To get you started, we have designed a unique 'Separation Readiness' Self-Assessment.

We will analyse your results from the 10-15 minute assessment and consider where you are almost ready, but more importantly, where you might need support to successfully negotiate your separation and settlement. Our qualified team of experts can tailor a support package for you and your family to best meet your financial, legal, family, and wellbeing needs.

Everyone who completes our assessment will also receive a complimentary, no-obligation 30-minute consultation with one of our Divorce Coaches (via Zoom or in-person).

Your investment will be \$300 (plus GST). Check out our package comparison table to see if the assessment is included in your package.

● **What is the Financial Capability Programme?**

The Equal Exes and Cambridge Partners Financial Capability Programme aims to raise the financial wellbeing of its participants. It was created to address the financial struggles we saw people facing after marital breakups and wanting to become more financially independent.

Sadly, financial literacy was not taught in schools when we were young. A recent study reported that men and women start with the same score, but men increase their financial knowledge with age, while women do not catch up. We seek to bring a balance to this knowledge gap and raise awareness of how financial capability can be achieved.

The programme aims to equip people with the support, knowledge, and tools to help them on their journey towards financial capability. It consists of four modules that can be completed at your own pace, including:



Planing Debt Smart Learning & Talking Saving & Investing

Your investment will be \$350 (plus GST). Please note that this is an add-on to our other programmes.



OUR PACKAGES

Everyone's situation is different. That's why we have developed a range of packages to suit you and your individual scenario. Have a look at our four offerings below to discover which one's right for you – or get in touch if you are unsure. We would love to chat more.

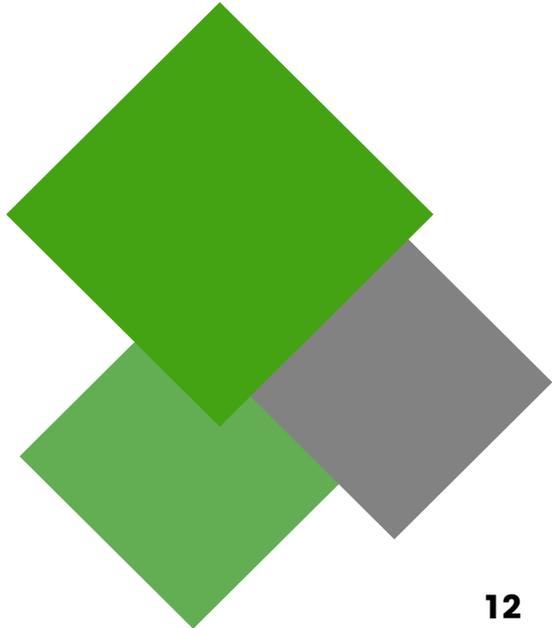
PACKAGE	SHOULD I STAY OR SHOULD I GO?	SUPPORT	STRATEGY	SUCCESSFUL SETTLEMENTS
<p>D E S C R I P T I O N</p>	<p>We'll walk you through a series of activities in your coaching sessions to help you make informed decisions around one of the hardest decisions you'll make: whether you should stay or leave.</p> <p>You'll understand the process of divorce, identify signs that your relationship might be over, develop a picture of what you want in your current or future relationship, develop plans to implement your decision, and more.</p>	<p>This package is designed for people who have a limited budget, are partly sorted, or have a specific need.</p> <p>We'll help you learn how to best navigate the journey towards separation, including self-reflection activities and readings to help you identify particular areas that you'd like to focus on.</p>	<p>For people who want the full service – including a strategy for approaching your settlement, combined with a support to get you through the process.</p> <p>We can help you decide whether mediation is right for your situation, and connect you with our collaborative professionals to assist you with the whole process.</p>	<p>For couples or individuals who want to 'divorce well', this package will help you through an amicable, mediated, fast settlement for the lowest possible cost.</p> <p>This service replaces the need for both parties to extensively engage lawyers and will significantly reduce your cost and burden of separating.</p> <p>Note that lawyers will need to be engaged to independently sign off on your Separation Agreement.</p>

NEXT ➔

PACKAGE	SHOULD I STAY OR SHOULD I GO?	SUPPORT	STRATEGY	SUCCESSFUL SETTLEMENTS
COACH MEDIATION INCLUDED (FOR CUSTODY AND/OR RELATIONSHIP PROPERTY)?				 *allow for at least 12 hours of your package hours to be used for mediations.
COACH CAN ATTEND PROFESSIONAL MEETINGS WITH YOU?		 (hours come out of the total coaching time)	 (hours come out of the total coaching time)	 (hours come out of the total coaching time)
ACCESS TO SEPARATION READINESS QUIZ & EXPERT WEBINARS?				
ACCESS TO COACHING WORKBOOKS THAT WILL GIVE YOU THE POSITIVE, SUSTAINABLE OUTCOMES YOU NEED?	 Should I Stay or Should I Go workbook only			
ACCESS TO EQUAL EXES' PORTAL TO MANAGE ALL DIVORCE PAPERWORK?				
ROADMAP FOR YOUR JOURNEY MOVING FORWARD?				

NEXT

PACKAGE	SHOULD I STAY OR SHOULD I GO?	SUPPORT	STRATEGY	SUCCESSFUL SETTLEMENTS
REFERRALS TO APPROPRIATE WRAPAROUND SERVICES?				
DEDICATED COACH PROVIDING SUPPORT OVER PHONE, EMAIL & TEXT?				
COACHING INCLUDED	4 x 60 minute sessions, including a discovery session	8 hours + 2 hours Expert Advisor support	12 hours + 4 hours Expert Advisor support	20 hours + 8 hours Expert Advisor support
 COST	Price by Enquiry	Price by Enquiry	Price by Enquiry	Price by Enquiry





● **Who are our Expert Advisors?**

Working with a divorce coach will help prepare you for the process and give you a clear path forward, but for some things, you need to deal with specialists. Equal Exes have a network of trusted external experts who can provide you with the guidance you need on everything from legal issues to finances, mental health to parenting. Based on the roadmap we create at the beginning of your journey, we'll refer you to the specific experts we think you most need for your specific situation. Check out our package comparison table to see how many Expert Advisor hours your package includes.

● **What are our Expert Webinars?**

We have brought together a panel of experts, accountants, family lawyers, mortgage brokers, child psychologists, parenting experts, financial advisers, and other specialists to identify exactly what decisions you need to make before you enter into a negotiation with your spouse about separating your family and your assets.

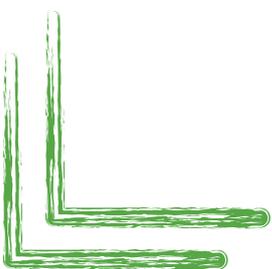
Our Expert Webinars will show you the 20 things you need to secure and ensure before a separation. Get what you need for yourself and your family quickly and effectively so you can create a positive path forward for your future.

Your investment is \$50 per module plus GST (for four modules), or sign up for all modules for \$150 plus GST. Check out our package comparison table to see if Expert Webinars are included in your package.

● **Do you need assistance with paying your divorce coaching fees?**

Divorce can present big challenges to your finances – even before a decision is made. We have external lending options available to pay for your divorce coaching fees in full, should you need it.

Approval can be made within a business day of your application. You simply pay a flat interest rate of **1.85%** of the funded amount per monthly installment plus an application fee of **\$95**. We have worked hard to make finance as easy as possible. Just speak to your coach for more information.





Navigating separation without the courts – Helen* & Mike’s* story

Having been together for 15 years, and with a young daughter to consider, both Mike and Helen wanted to separate in a way that would create as little conflict and possible to ensure their daughter Lucy* wasn’t caught up in their tension.

“I desperately wanted to separate, but hadn’t been able to make it happen,” shares Helen. “I didn’t want to do something extreme, so Bridgette was the perfect person to help us work through it.”

Following a couple of sessions with both Helen and Mike, Equal Exes’ Bridgette worked with each of them separately, providing an empathetic ear and coaching. Despite having very different parenting philosophies, the pair were able to work out an initial parenting plan with the agreement to reassess regularly focusing on their daughter’s best interests and create plans for their own individual lives.

Working with Equal Exes helped cut down the number of circular conversations the pair would have. “In an hour with Bridgette, we would get further than we used to over three hours,” says Helen. “We used to have hours-long, circular conversations at least every couple of months and this cut those out completely.”

More importantly, though, it enabled them to avoid a messy (and costly) court process. “The beauty of using someone like Equal Exes is that you don’t end up in a court battle, on opposite sides with everyone digging up dirt. That’s not helpful to anyone.

“I wanted our relationship to be strong and it is – we go together to school events, have family dinners together, and even spent the first week of lockdown together to make sure Lucy was okay. If we had gone to court or if I had followed my lawyer’s more aggressive approach, that wouldn’t have been possible.”

Avoiding that conflict was important for both Helen and Mike, who highlight how important Bridgette’s help was in ensuring they could effectively split care for their daughter.

“Lucy needs two happy parents, and we weren’t setting a good example for her,” says Helen. “Now, she has two happy homes that she moves between and we’ve had no drama, which has been nice.”

For both, being comfortable with Bridgette was a vital part of making the process work and enabled them to come through the process without having to go to court. Helen certainly advocates for anyone in a similar position to work with Equal Exes, saying of Bridgette, “She’s changed my life.”





Talk to Bridgette before you hit the end button” – Mandy’s story

Mandy* was a stay-at-home mum with two children whose corporate husband earned big money and paid for a nice lifestyle but also contributed towards a pretty toxic relationship.

After years of dealing with a narcissist for a husband, the last straw for Mandy was discovering he was cheating on her with a work colleague. She left the marriage – and that was when her real challenges started.

The day she ended it, her ex closed all their bank accounts and credit cards and changed the locks on the family home; she wasn't even able to visit the home to collect her things. Moving in with family, she ended up driving her children to school over an hour to and from each day because her ex wouldn't move out of the family home and the children did not want to live with him and his new girlfriend. After a long time struggling through, Mandy was put in touch with Equal Exes.

“When I went and saw Bridgette, she completely understood me. I didn't have to prove anything. Normally when I explain the situation I was in, people think it sounds crazy. But she's been through it and has seen all walks of life go through divorces.”

Working with Bridgette, Mandy worked on creating a roadmap for where to go next. Creating a budget for how to live and go through a divorce with no income was probably the most vital part; having been a stay-at-home mum and trusting her husband, she didn't have a full understanding of the family's finances. Having borrowed from family tens of thousands for legal bills during the divorce, she said this clarity has been vital.

Equal Exes also connected Mandy with all the professionals she needed – accountants, lawyers, psychologists, career advisors, and more. Now, Mandy's been able to build a successful career that she loves and she's in a much better place.

Mandy now looks back and wishes that she had known about Bridgette long before she ended things; she would have acted very differently, planned more, and done more research if she could do it all again. This was her ex-husband's second time around, so he knew all the loopholes and was extremely planned for such an event.

“My thing is helping make sure that other people don't go through what I went through,” says Mandy. “Make sure your name is on the title of your house and on your bank accounts; make sure you see a payslip so you actually know what your partner is earning. And most importantly, go see Bridgette before you leave (unless you're in physical danger, obviously).”

“By the time I reached Bridgette, I had already hit the end button – but she's really the person you want to connect with when you think your marriage is going to implode, not after it already has. She wants to save people from going through what she and I both went through.”





“My last resort” – Luke’s story

Luke* had been in a toxic and abusive relationship for some time – but with two kids involved, he tried to work it out for a long time. When he received a letter just before the first level four lockdown in 2020 saying that his wife wanted to split up, he started the long and arduous journey of trying to separate.

“I spent a whole year trying to find people who could help,” shares Luke. “There didn’t seem to be anyone who helps guys in this situation out there.”

Luke stayed living in the same property so that he could keep the kids safe, with his ex often leaving for days at a time without notice. Although he was in full time employment before the split, he had to stop work to look after the kids.

Throughout that time, he struggled to find support or a lawyer who was willing to help.

“Finally, I was put in touch with Bridgette. You could say she was my last resort.”

Through Bridgette, Luke was able to find a lawyer who could help, and is currently working on getting negotiations going. She helped him work on how to deal with a toxic ex, and he was able to create a roadmap for moving forward – giving him the steps he can take to resolve everything.

“In my first consultation, I told her about my situation. It was just good to hear that someone understands and can help; it’s not just me going through it.”

Without Bridgette’s help, Luke says he doesn’t think he could have coped with the toll of getting divorced.

“I was lost and didn’t know which way to turn next. From being stuck and not being able to do anything, she’s given me some hope that things are going to get sorted in the future.”

***Names changed to protect privacy.**



Separating with dignity is possible,
with the right people by your side.



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