

MY FREEDOM TO THRIVE



FLY Programme

**FOR PROFESSIONAL WOMEN
IN
DIFFICULT DIVORCES**

Difficult Divorces

You dream of living your life to its fullest potential.
You desire the personal space to breathe and grow.
You fantasize about a peaceful, harmonious home life.

**As an educated woman you know to get these things,
freedom is what you need.**

You thought you had found it when you separated from your ex. Instead, what you discovered was that the misery that characterised your marriage, is now continuing in your divorce negotiations. More of the same, only in a different context.

You probably feel confused, exhausted, and emotional. It can seem like no-one understands what you are going through. Worse, some days *you* aren't even sure yourself what you are going through.

Be assured, you aren't alone.

I work with many women, just like you, leading them through my unique rapid results *FLY Programme*. With this I guide you on how to overcome the blocks that are standing between you and your wonderful new life.

Doesn't that sound good?

Learn to FLY

3 Steps towards Freedom

Step 1: FEEL

You are probably terrified about your situation and future. You may not be sleeping or eating properly. You can't seem to think straight or control your emotions. Sometimes the anxiety overwhelms you. Step 1 is all about feeling calmer, so that you can begin to take control of your separation negotiations.

Step 2: LEARN

Difficult divorces come out of difficult relationships. In Step 2 you are going to learn about the tactics and dynamics that underpinned your relationship. When you understand these, you are going to be better able to cope and deflect these behaviours during your divorce process and beyond.

Step 3: YEARN

You got out of your marriage for a reason - your desire for *freedom*. In Step 3 we are going to begin the process of sketching out what that looks like. You need to prepare for the road ahead and having a clear, non-negotiable vision of your independent future is the vehicle that will get you there.

FLY Packages

Designed with you in mind

Diamond Package

For those looking to kick-start their self-discovery
3 sessions of 60 minutes completed over 8 weeks

Gold Package

My unique FLY Programme designed to get you
on track fast

5 sessions of 90 minutes completed over 6 weeks
Includes: Weekly discovery activities

Platinum Package

The ultimate bespoke package for throughout
your divorce journey

Includes: the FLY programme with weekly discovery
activities. *Plus:* 5 additional follow-up therapy sessions
over 3 months, and between session Whats App
availability.

What my clients say

"Felt much better to be in control and see it for what it is. Could steer the conversation much better...Many thanks for all your support. Wouldn't have been able to handle like this without your help the last few weeks." CEO

"Dr. Anne continues to prove to be an instrumental piece in getting through my divorce. She gave me a soft cushion to land on when I needed it, and gave me tough time love when it was appropriate. She knows her stuff! I would not hesitate to refer anyone going through a life hardship to Dr. Anne." Business Owner

"Just when I think I can't take this nightmare of a divorce any longer, Dr. Anne steadies me again and I find the strength to carry on. Her support has been invaluable. Without it, I would struggle to maintain the courage to stand up for myself in this abusive and demeaning situation. Thank you Dr. Anne!" Business Owner

Message from Dr. Anne, Founder



"Divorce is hard. It is a time of emotional distress and confusion. We assume that the two parties involved are both committed to reaching an agreement in order to move on with their lives.

Unfortunately in the case of difficult divorces, this is simply not the case. Knowing the playbook of difficult individuals is fundamental for ultimate success."

The tragic truth is that when women are caught up in difficult divorces, they do not know what is happening to them. They are confused, frightened and isolated.

I know, I've been there. Even with all my degrees in Psychology, it took me 3 years to figure out what how to start thriving. I want you to get there much, much quicker.

My mission is to '*Break the Trauma Cycle*' created by controlling relationships because children deserve to grow up psychologically healthy and happy. To do this, I teach my clients how to become comfortably independent and make great future choices in romantic partners.

Together, we can *FLY*.

Get in Touch Today

Find out how my unique

FLY Programme

can help you shout out:

'My Freedom To Thrive'

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My Freedom
To Thrive