

Navigating Divorce: How a Coach Can Transform Your Experience

January 15, 2025

By Candace Dellacona

In this episode of *The Sandwich Generation Survival Guide*, host Candace Dellacona welcomes Karen Covy, a distinguished divorce coach and attorney dedicated to helping her clients navigate the divorce process.

Karen shares her journey from a traditional matrimonial lawyer to a divorce coach, emphasizing the importance of understanding one's options when preparing for divorce. She discusses the role of a divorce coach, the stages of divorce decision-making, and the cost-effectiveness of hiring a coach.

The conversation covers the collaborative approach involving lawyers and coaches, mediation versus litigation, and the preparation required for an amicable divorce. Karen highlights how a divorce coach can make the divorce process less painful and more efficient, ultimately leading to better outcomes for clients.

For more information, visit Karen's website:

- karencovy.com

Follow Karen on social media:

- [LinkedIn](#)
- [Facebook](#)
- [Twitter](#)
- [YouTube](#)