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# Nichole Farrow

Mindset, divorce and  
co-parenting coach

Feeling stressed or broken — we'll  
work together to help you create a  
dynamic where everyone thrives.

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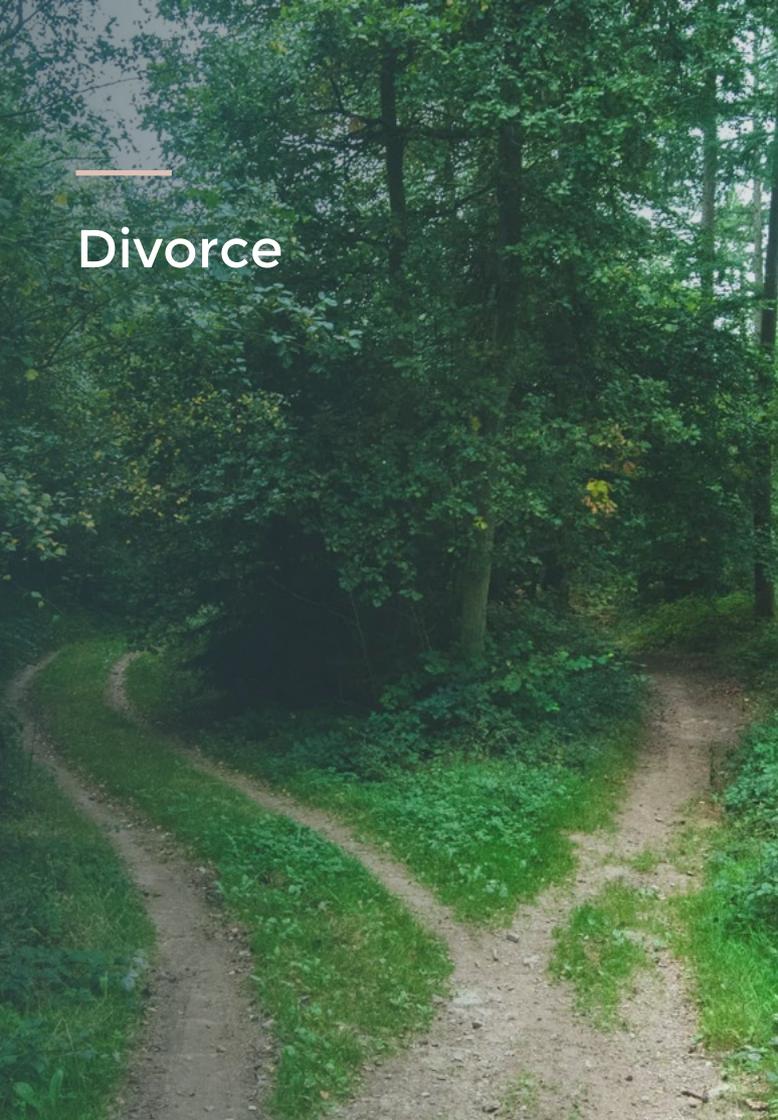
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# Introduction

**Nichole Farrow is one of the UK's leading mindset coaches specialising in divorce and family dynamics, as featured on BBC Radio 5 Live.**

Nichole is committed to providing each client with an exceptional level of care and attention. Her coaching is designed to rework your subconscious so you can remove conflict and move forward as a family regardless of your situation.

She works with couples and family groups, providing one-to-one and group coaching sessions for a minimum of six months.



# Divorce

## Divorce successfully and create a positive future for everyone

Nichole's aim is to support you to make your divorce as pain free as possible — creating a new family dynamic, allowing you to move on as individuals and successfully co-parent together.

Whatever stage of your divorce you are at — whether it's the first tentative steps or you are in the full throes of it all, Nichole is there to support you. These foundations will ease future transitions such as step-parents and second families and ensure success in relationships.

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STAGE 1

# Deciding to divorce

Deciding to divorce is a big life-changing decision.

The indecision which this brings about can be painful and all-consuming. Nichole provides you with the space to work out what you want for your future – whether that means staying or leaving.

She will also provide you with the resources and skills to move on in your journey and make the most of this moment.

## What's included

- Deciding whether to divorce
- Committing to divorce amicably



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STAGE 2

# Coping with the early days



Once you have decided to divorce, it still takes time for you to adjust to your new situation and tackle practical steps to separating.

Creating solid foundations for your own mental and emotional well-being is essential for your future success.

Nichole gives you the support and space to process your emotions whilst helping your children to navigate through events and build healthy relationships.

## What's included

- Telling your children
- Coping with the 5 phases of the grieving process and your emotions
- Adjusting mentally to a new normal, prioritising basic self-care
- Dealing with practicalities - Instructing solicitors, living arrangements
- Agreeing a short term co-parenting arrangement
- Telling friends and family
- Effective communication with each other during & outside of session

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STAGE 3

# Getting through it

In this stage of your bespoke programme, Nichole will help you to build your resilience and take control of your own mental state.

You will learn to think clearly and create the best environment for you and your family through this transitional period and beyond.

## What's included

- Creating your support team and self care routine
- Mastering your mental state so you can control you emotions and think clearly
- Supporting your children
- Managing communication and conflict with your ex
- Learning to co-parent apart



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STAGE 4

# Successful co-parenting and creating a compelling future



The marriage and divorce process is over but your relationships are ongoing – how do you establish and maintain a healthy dynamic when faced with parenting challenges, new relationships and a need to enjoy future family occasions?

Nichole guides you to create a strong core family dynamic so you can all confront the issues life throws at you and create a compelling future together – one that allows you to all succeed as a family unit and as individuals.

## What's included

- Letting go of the past
- Deciding what you want for your future
- Adjusting mindset to make it happen
- Establishing successful co-parenting
- Maintaining a healthy relationship with your ex
- New relationships

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SIX MONTHS

# Blended families



Family life can be difficult – we are all individuals with different needs, beliefs, and triggers; add to that the different life stages and external pressures and it's no wonder family relationships can be strained or in some cases break down and become toxic.

This can be particularly hard for blended families adjusting to a new dynamic post divorce.

Nichole shows you how to master your mindset and create the best environment for all of you to grow and thrive – living to your full potential, building strong healthy relationships and achieving your goals.

## What's included

- Deciding what you want as a family and individuals
- Creating a resilient mindset to achieve your goals
- Overcoming conflict and removing damaging habits and behaviours
- Redefining your family dynamic to create healthy relationships
- Creating a nurturing environment that encourages personal growth and prosperity
- Improving communication and connection so you work together as a family unit.



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## About Nichole

**Nichole is a certified Robbins Madanes trained coach and Neuro Linguistic Programming practitioner, having trained with both Tony Robbins and Bob Proctor.**

She has experienced first hand the impact of toxic relationships, divorce, and the inherent behaviours that can come about as a result — from her parents' divorce to her own.

Through coaching she was able to work through the subconscious beliefs that were holding her back from creating the life she wanted.



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Prices available on request

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FARROW

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TRAINING