



# Separated?

## Be a better parent. Build a better life.

### **Parenting isn't easy. Parenting after separation can be very hard.**

Emotions run high. Differences are amplified.

There can be less money, and less time - but more work, and more stress.

You're no longer a team - but you still need to act like one. For your children's sake, as well as your own.

### **A decade (or two) is a long time. An eternity if you're in conflict.**

Your lives will re-build. You may re-partner.

You might blend families. Have more children.

Your paths will diverge, but you'll always remain connected by your children.

### **Co-operation is needed most when it seems hardest to achieve.**

Parenting co-operatively, in the best interests of your children, is one of life's greatest challenges.

While there's no shortage of practical advice for new parents, there's very little for the newly-separated.

Until now.

### **There's a way forward, that works. For the long run.**

"Parenting Beyond Separation" (PBS) is a short course that runs for six weeks between 6:30-8:30pm each Tuesday in Bondi Junction.

The small group sessions are strictly limited to 12 participants.

It has been developed by two family dispute resolution practitioners and a couples therapist, with more than 20 years' combined experience.

They've spent thousands of hours helping separated parents, acquiring 'insider' knowledge of what works in the 'real world' and what doesn't.

## Take the first step and the rest will follow

While it takes time to progressively transform parenting conflict into co-operation, you can take the first step yourself.

The sessions are run by a team of male and female presenters, who will transfer the skills used by successful mediators and therapists to reduce conflict and achieve lasting consensus on key parenting issues.

Equipped with these simple, proven tools, and practical learnings gleaned from hundreds of real-life case studies, you'll learn how to:

1. Balance the need to prioritise your childrens' best interests with the needs of your ex-partner and yourself
2. Identify underlying needs and concerns, and create practical solutions to resolve common flashpoints
3. Adapt to meet the changing needs of your growing children, and of new family structures.
4. Gain the understanding and support of new partners for the co-operative parenting approach.

## About us

The authors and presenters of PBS are two of Sydney's most experienced and highly regarded family dispute resolution (FDR) practitioners, Gloria Hawke and Saranne Segal, and established therapist Adrian Workman.

Saranne and Gloria hold post-graduate qualifications in FDR and are nationally accredited by the Commonwealth Attorney General's Department.

Saranne holds a BA in Psychology, a Bachelor of Laws (LLB), Masters in Industrial Relations and was previously a Family Law practitioner. Gloria is also trained in interdisciplinary Collaborative Practice (Collaborative Law), holds a BA in Communications (UTS) and has a corporate/finance professional background.

Adrian is a degree-qualified therapist, BAppSocSci (Counselling). His clinical experience as an Individual and Couples Counsellor and Groupwork Facilitator has seen Adrian work in a variety of settings. Including birthing education, Dads and Mums groups, post-separation support groups and with victims of domestic violence.