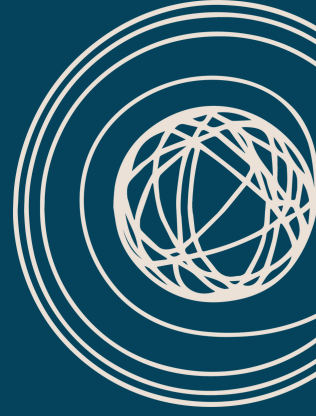


THE SECRET MAJORITY

Courage Connection Adaptability

Family Law
Case Studies





Case Studies

This booklet shares real-life case studies (anonymised and shared with consent) from clients referred by family lawyers. When individuals are facing a family separation, their world as they knew it is shattering before them. Their imagined and hoped-for futures are being taken away, and the journey ahead is often unclear and utterly overwhelming.

The stories given in the following case studies illustrate how, by working with The Secret Majority, overwhelm can be reduced in many areas of their lives, conflict de-escalated, and support provided for more constructive engagement with the legal process. These forward motions all happen while also laying the foundations for healthier co-parenting and their new future.

As a specialist in understanding and supporting the emotional side of separation, my role is to provide a structured yet compassionate space where clients can process what's happening, understanding the 'what,' 'why,' and 'what next,' supporting them to move forward with courage, integrity, and empowerment.

These stories demonstrate what's possible when clients are given the space, tools, and support to not just survive the separation but to grow through it personally, professionally, and emotionally.

BELDERBOS FAMILY SOLICITORS

Case Study



"I can't thank you enough. Your work with me has been an absolute lifeline to some kind of normality and has prompted me to be able to move forward with conviction and self-worth."

Reducing Overwhelm

At the beginning of the coaching journey, Claire was experiencing a sense of utter overwhelm. The enormity and intensity of divorce meant that Claire, like so many other clients, struggled to understand and process their nuanced, complex and ever-present emotions. With Nina's empathetic yet evidence-based approach, Claire learnt to focus on the specific issues at hand. By breaking down Claire's complex feelings, she could seek out her inner strength.

"It especially helped me identify exactly what is behind my emotions. It helped me realise that this wasn't my fault. Your insight into all the research was so reassuring—I wasn't imagining things."

Beyond the Sessions

The impact of coaching went beyond the sessions themselves. Claire described how Nina's support and guidance became intertwined within her week, supporting her outside of their time together.

"You've given me amazing takeaways that have stayed with me during the week or the month. When I've got a feeling, I've been able to reconnect with something you said as a reference point and think, 'I remember now what you said about this.'"

When a client is able to find their sense of empowerment in possibly one of the most disempowering experiences of their life, they can better process their emotions and experiences. This directly supports the legal decision-making process.

BELDERBOS FAMILY SOLICITORS

Case Study



A Sense of Positivity and Hope

When going through a divorce, clients will at times feel utterly defeated and can quickly feel hopeless. Divorce can be a very isolating experience, compounded by a lack of understanding around the emotions they are likely to experience. One of the most powerful changes that Claire experienced through divorce coaching was a sense of hope and normalcy. This was created by normalising the experience and providing knowledge and understanding about the emotional journey.

"You've given me a great sense of positivity— a sense that I will be able to get through this. Other people have gone through this, and I'm not alone in this journey. I've realised I'm in a stage of grief, but it's part of the process, and it has an end."

Preparing for the Legal Journey

With the emotional foundation strengthening, Claire felt ready to tackle the legal aspects of her divorce with a renewed resilience. The decisions made during divorce will have a significant and lifelong impact, so entering the legal phase in the best way possible, where informed and rational decisions can be made, is imperative.

"I'm now entering into the legal side with a stronger mindset and a sense that there is an outcome, there is a future ahead. I have a greater sense of self-worth, and I'm less likely to be overpowered."

The Power of Coaching

Claire's case study highlights how divorce coaching can empower clients to process their emotions, rebuild their confidence, and approach the legal aspects of divorce with calm and hope.

For this Claire, Nina's knowledge, empathy, and support were transformative:

"Thank you very, very, very much. This work will stay with me".

STOWE FAMILY LAW

Case Study



Bob began working with Stowe and asked Kate Bouwmeester if she could recommend anyone to provide emotional support while he navigated this unexpected life event. Stowe works with divorce coaches, and so Kate was able to send him some information. Bob chose Nina because of her background in researching human experience from a psychosocial standpoint and her work with firearms police officers (who are predominantly men).

How were you feeling when you began working with Nina?

Angry, scared and betrayed. Was this really happening to me? How did it all go so wrong? How could she be with another man? The life we had spent together – how could she just throw it down the toilet?

Bob was experiencing relational grief, where the loss was not about him as a person but about his identity, dreams, meaning of life, and trust. Remaining in this state would likely impair Bob's ability to think clearly, make relational and informed decisions, and negatively impact communication. Without support, Bob is at risk of acting impulsively, shutting down emotionally, or becoming stuck in blame or despair, making it harder to move forward constructively in legal, parental, or personal aspects of his life.

What kind of support were you hoping for when you decided to work with a divorce coach?

Honesty and self-respect are what I live by. I made it my objective during this life crisis to maintain integrity and self-respect, but I needed help to achieve this. This is where Nina came in. Additionally, I turned to Nina as a test. Was I in denial? Would Nina see through me? Was I faking it? And finally, I wanted to be in a safe place to share my inner thoughts and feelings. This has become the SAFE place for me to outpour my feelings and build a toolbox to cope with this journey.

STOWE FAMILY LAW

Case Study



Since starting coaching, what changes have you noticed in how you're handling things?

I opened my heart to Nina, and she knows my deepest feelings and thoughts. The advice and support that Nina has given me relating in maintaining a relationship with my daughters is invaluable. Nina has also given me courage. I am doing some good things and maintaining my integrity in a very difficult time in my life.

So far, what part of the coaching made the biggest difference for you personally or in how you approached your divorce?

Being in a safe place with somebody I can trust. Absorbing all the emotional jigsaw and giving me reassurance that I will get through this and providing a clear game plan to achieve it. Support and compassion.

Has working with a divorce coach made the legal side of things feel more manageable, more prepared or confident when dealing with your solicitor or legal matters?

Working with Nina has given me confidence and self-belief that helps me have the confidence in my ability to make the right decisions regarding my divorce settlement.

What would you say to a family law firm that was wondering about the impact of working with a divorce coach on client and lawyer?

Clone Nina!

STOWE FAMILY LAW

Case Study



Lastly, what would you say to anyone that is wondering about working with Nina?

All the above says it all. Creating a safe place, genuine compassion and advice. I trust Nina to be honest with me, and that is invaluable. She knows the girls are my life now, and she have given me a toolbox to support and help them through this. A real quality that shouldn't be underestimated is her ability to just listen to me outpour my feelings and always give full engagement.

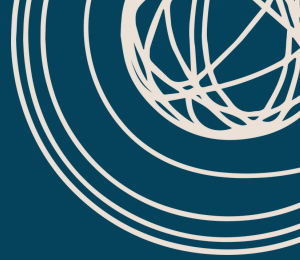
For that I will be eternally grateful.

For Bob, coaching provided a safe, non-judgemental space to outpour feelings, build emotional resilience, and develop a practical "toolbox" for coping and parenting, all of which directly supports the legal journey for clients.

**both case studies maintain anonymity for the client through the use of pseudonyms*



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