



THE SECRET MAJORITY

Supporting you emotionally
as the legal process unfolds

I offer a calm, confidential space to help you make sense of the emotional chaos that often comes with separation. As a published academic psychologist & soon to complete a doctorate in human behaviour, I ensure my coaching is rigorously underpinned by current research, but it's always delivered with empathy and kindness. Whether you're feeling overwhelmed by decisions, struggling to communicate with your former spouse, or feeling consumed with unfamiliar emotions, I can help.

I walk alongside you on your legal journey, giving you the emotional support, mindset tools, and practical strategies to help you navigate this transition with integrity and hope.

An initial free 30-minute exploratory conversation
1:1 Coaching – £95 per hour

Sessions are tailored to your needs and are arranged flexibly around your commitments. Get a cup of tea, and let's have a chat.

nina@thesecretmajority.co.uk
www.thesecretmajority.co.uk