

## Compassion and clarity in the divorce process

[Nick Coffey]

Hello and welcome to this episode of TW Law Talk from Taylor Walton Solicitors. I'm Nick Coffey. We're going to be looking at divorce in today's episode, but perhaps not in the way you'd expect us to, as well as being a broadcaster, I'm also a family mediator.

And I really feel that today's topic is, it's just very, very important. It strikes at the heart of what I see in my work. Of course, we could look at the legal nuts and bolts of divorce, and we may well do that in future episodes.

But today we're looking at the emotional impact of divorce, both during and very importantly, after, what can be a life-changing, gruelling and at times devastating process. Tamara Glanvill is a partner at Taylor Walton. Tamara, hello.

[Tamara Glanvill]

Hello there, Nick.

[Nick Coffey]

Julie New from Changes Forever is a personal recovery coach who specialises in guiding people through the loss and change that we all encounter when we get divorced. Julie, nice to have you here.

[Julie New]

Thank you.

[Nick Coffey]

Now, I really hope that by the end of this episode, we'll have reached a point of hope and reassurance, especially if you're someone who's listened to this at the very start of your divorce journey. I think all of us in this room right now have had involvement in one way or another in our personal lives with divorce.

I've been through a divorce. I know you have, Julie, and Tamara with your parents. I think that Tamara, an apposite sort of place to start, while hoping that we'll end up at a point of reassurance, is just to say, look, there's no way to sugarcoat this.

This is very, very tough, isn't it?

[Tamara Glanvill]

It can be. It's not always, but for most people, it is very difficult. It depends to some extent on whose decision it is to start.

Sometimes it's mutual, but very often it's one person or the other that's made a decision to call time on the relationship. And that can have a big impact on how you then manage the divorce process.

[Nick Coffey]

And also, I'm stating the obvious here, Julie. You're looking at me knowing kind of what's coming here, but when marriages and relationships come to an end, there are often, not always, but there are often already issues in play. One or both people may not be at their best already.

And then the devastation, and it is devastation, of the loss of the marriage, the identity, the role, the hopes. I'm making this sound terrible, aren't I? The hopes, the dreams, everything comes into that one moment where you realise that your marriage is over.

[Julie New]

Absolutely. And if we think about what a marriage is, perhaps to start off with, it's the coming together of two people, isn't it? And generally, it's a happy occasion, isn't it?

[Nick Coffey]

43% of the time.

[Julie New]

Well, no, a marriage, when you actually get married, is hopefully you're coming together for the right reasons. Often, actually, I've realised that a lot of people go into marriage with questions, actually. And perhaps haven't gone into marriage with the right kind of intention.

Actually, they've got a few little doubts that they've perhaps put to one side. But then as the time goes by, over the time of the marriage, these things can kind of get bigger and bigger. And it can ultimately end in separation and divorce, which, as you've just alluded to, can be absolutely awful.

Sometimes not quite so much, but on the whole, particularly for one person. Would you agree, Tamara?

[Tamara Glanvill]

I do agree that that is one of the ways that a divorce comes about. But I also think people change, and interests change, and alliances change. And to some extent, core values can change.

And where there's no longer any synergy in the marriage, then it's the right thing, probably, to bring it to an end.

[Nick Coffey]

And there's another word which comes to mind, which I see very often, around growth. And so often you'll have one partner saying he or she is just stuck, and that I am ready to grow, or I'm growing, and it's really hard being married for a long time, it's a real challenge.

But if both people are not somehow going forward or growing forward, that's where you start to get that divergence.

[Tamara Glanvill]

Yes, I do think so. Take an average marriage at the beginning, both parties might be working, they might have their own interests, they might have their own friendship groups. And when children come along, one party may continue with that.

And they continue to have their career, and their friends, and their other experiences. And the other party may give up some of that. And traditionally, that's the woman who gives up maybe her career in order to raise a family.

And it's incredibly fulfilling. But changes as a consequence of that. And that can be the catalyst.

[Nick Coffey]

You often see that sort of borderline resentment and sadness that, you know, I gave up so much for this, and here we are. There would be a very interesting piece of research to do. And it may have been done, you two may know this.

But to ask, I don't know, 1,000 people who found their marriages breaking down to be really honest about what they really did think at the beginning. I saw a survey a while ago, which said something like 30% of people were in love with someone else at their wedding receptions, a very high number. But it would be interesting to look back.

And I guess, you know, when we say, if I'd known then, what I know now, I wouldn't know what I know now. I think many of us, if we look back, we can acknowledge factors of society, of clocks ticking, of parental pressure, community pressure, and the desire to have children, the desire to settle down, as having played a big role in in that coming together. And also, then you have the wider factors of, some people's intentions, and you both will see this in your work all the time, intentions in, shall we say, reigning someone into marriage, are not always entirely positive. And it's the start of a process where that person becomes very, very diminished in that relationship.

Because once the ring is on the finger, there are all sorts of issues that then come as a result. It's sounding quite bleak. But I do think there are a lot of marriages that if you look back, you can realise that perhaps some signs were there. And I wonder, Julie, whether in the work you do, that's part of the recovery.

And in looking at what might have been there all along?

[Julie New]

Yeah, absolutely. In fact, I was just thinking to myself, as you were speaking, that I'd say 100% of the people I work with, walk into the space, I call it Hope HQ

[Nick Coffey]

Yeah.

[Julie New]

And they walk in, and they begin that journey of not just healing, but I think also an ability to be able to reconnect with themselves again. There's a really lovely poem; I've quite often quoted which is The Prophet by Cahill Gibran. It's a poem about marriage.

And it says, 'And what of marriage master?' and it talks about, you know, not standing too near together. And, you know the oak tree and the cypress stand apart. So, it's about...

[Nick Coffey]

Do we have an issue with the term other half, for example?

[Julie New]

Well, I think it's quite nice, you know, you like to feel as though you are part of parts.

[Nick Coffey]

But doesn't it imply that you are, in effect, intrinsically linked and connected and you lose that separation that you mentioned there?

[Julie New]

Yeah, well, I don't think it's a separation, Nick, I think it's more that, you know, you are individuals and actually you can grow within a relationship. I mean, I'm in a very, very happy marriage now. And we thrive individually, but we also thrive together.

For example, on the settee last night, you know, watching 'The Chase' and we were sat there holding hands and it was really nice. So, you come together, but also, I'm doing this today. And, you know, I'm me.

[Nick Coffey]

It strikes me, there's a whole other podcast one day to do about whether marriage should be a 10-year license to be reviewed after 10 years. But of course, what you described then, and this will become relevant to what we're talking about, what you described there is how, as we get older, we understand our skin better. We are happier in our skin.

We know what triggers us. We know what doesn't. We know what works for us.

We know what doesn't. And we do become generally better at relationships. We stopped falling.

Have you seen the poem in five stages where someone keeps falling down the same hole and eventually, they walk down a different street: I might try and dig that out and put that in the show notes. But eventually, we stop falling down that hole in the sidewalk. But that's part of the problem because we get married at 25, 30, 35, and we're just not there yet. And I guess a big part of, of what you see is, is that moment in time, that moment in life where you're faced with people, men and women who suddenly have a huge loss of their identity, a huge loss of their sense of security.

And that security can be both family and financial. And, and as such with this loss of, you know, who am I? And if I had a pound, I suspect you're the same Tamara, for every time I've had a client say, I just don't know who I am anymore.

I would be going on holiday this summer.

[Tamara Glanvill]

Loss of identity is really difficult. I mean, something that's just struck me while you were talking is that I had that poem read at my own wedding. And I do also think that it is really,

really important that people do continue to have their own lives and their separate lives whilst married.

I think it, it is what makes marriages successful. I think the other thing that makes marriages successful is good communication.

[Julie New]

Absolutely.

[Tamara Glanvill]

It will make a good marriage, but it will also, ironically, make a really good divorce because as long as you can keep talking and have difficult conversations and face into difficult conversations, and we're not always great at doing that.

[Nick Coffey]

No, even in good times.

[Tamara Glanvill]

Even in good times. And I'm the first to say that I will run away from a difficult conversation if I can, and I have to really make myself do it. But that will be the difference, I think, between extracting yourself from a marriage without unravelling the whole fabric of everything that happened during that marriage.

[Nick Coffey]

But you see, this is so interesting because isn't this the nub of the problem - that we have the aspiration to divorce. Well, I know that all three of us in the different roles that we have are passionate about good divorce. You, Tamara, are a hugely respected and compassionate lawyer.

You want people to divorce well. Obviously, sometimes you have to put on the steel toe caps.

[Tamara Glanvill]

You do. And to be fair, I was very naive, I think, when I started because my parents had had a good divorce, and I wanted to showcase it. I'm not as naive as that anymore. I know it's not always possible, but I do what I can to make it as good as it can be.

[Nick Coffey]

And you always come from a compassionate standpoint. Julie, as well, you're a compassionate professional. You want people to be okay. The problem surely is that the bar is very, very high, especially when you're dealing with situations such as divorce, which can generate such resentment, such anger, and such hurt.

There was a wonderful article in the Guardian recently talking about crows. Did you know that crows hold grudges, and they can hold grudges for 25 years and bearing in mind that the average life expectancy of a crow is 14 years. So, those grudges get passed down the generations.

And then it reminded me that perhaps I've known a few crows in my time. But the level of toxicity around separation makes it very, very hard to think about communicating well, makes it often nearly impossible. And this breaks my heart to think about the children who didn't choose to have these parents.

The children have rights to have good relationships with both parents. The parents have a responsibility to make sure the children are fed and looked after, but the level of anger and resentment and you in your role as a coach, Julie, you must see this all the time. You can't even begin to heal until somehow that anger and that resentment, and this comes into the grief cycle as well, doesn't it?

[Julie New]

It does. It does. And that's why sometimes seeing a counsellor or therapist is really, really important.

And I sometimes personally work alongside a counsellor or therapist because actually my job is to help somebody to navigate that journey moving forward. Sometimes there's so much animosity, but actually a therapist or counsellor is, is a really important part of somebody's journey. You know, to be heard, to be able to vent those feelings, those deep feelings that they have and really tackle the problem.

Because if you can work out what the problem is, you can then begin to navigate your way forward.

[Tamara Glanvill]

And yeah, I quite often say to people that if they try and negotiate, whether it's relating to their children arrangements or whether it's to do with finances, if they try and negotiate whilst emotions are running really high, and that might be because the person is angry, it might be because the person's very sad, it might be one day to the other, it completely switches. If you try and negotiate when you're negotiating from such an emotional place, actually it's very difficult for us as lawyers to give strategic advice because what the client wants on one day is very different to what they want the next day.

[Nick Coffey]

And they can't hear it.

[Tamara Glanvill]

And they can't hear it. And I will often say to clients, it's really expensive to negotiate in this when you're in this turmoil. And even if you're not in it, if the other party's in that.

So that's the space where I recognise that my role is actually not the most important role, that I need the client to go and get somebody else who's qualified. I'm very good at listening, but I'm not a qualified coach. I'm not a qualified therapist.

And to have somebody that can help that person recalibrate, find themselves, work through some of that, so that they can come back to me in a place where they can make a less emotional, more rational decision, limits cost.

[Nick Coffey]

And the conflict.

[Julie New]

And I go back to people walking into the space that I've created where I work and giving them that safe space, but they feel held because I'm someone that, you know, I'm positive, you know, I'm solution focused. But I'm also very compassionate as well. And in fact, I recently had a few of my previous clients come to actually do a video testimonial.

And it was just incredible to hear them talking about their experience and how much it helped them on their journey. Because actually, it's about that A-team that we talked about Tamara. Actually feeling held by people when you're breaking and when you're crumbling.

[Tamara Glanvill]

And we're asking people to make really big decisions at the time that in their life, they're probably least capable of making it. They're frightened, they might be angry, there'll be an awful lot of stuff going on in the background.

And we're asking them to be objective and make decisions.

[Nick Coffey]

I've started to say to friends, you should be talking about this while you're happily married. Actually, you know, what would it look like if we divorced? What would our views be on the children?

Would we try and co-parent? Would we be sort of more in our own space and parallel parent or having those conversations when things are okay? I'm not talking about full on prenuptials, but it's maybe not the worst idea.

[Tamara Glanvill]

I agree with you. But it's a difficult conversation to have probably in the same pot as talking about making your wills and doing that. Nobody wants to anticipate something going wrong.

It's really hard to have that conversation. But I agree with you, it'd probably be good.

[Julie New]

I didn't anticipate my marriage going wrong. I didn't. But it did.

[Nick Coffey]

And of course, part of the problem, and I blame EastEnders for this, bear with me. But part of the problem is that we are so in this culture of winning and losing. So, when a marriage comes to an end, you must see this all the time.

The old, "take him to the cleaners", the old, "I want to go to court and win. I want the children." No sign of what the children might need or want. "I'm entitled."

And that is a significant problem because where two people, and it's not always both, but often it is, where two people, immediately that decision comes to separate, where two people find themselves in an adversarial space where one person will want to feel that they've won and will want to, in many cases, punish the other person. Let's name it for what it is.

That adversarial space is not at all conducive for finding a less conflictual way forward because at all points along the way, and you're struggling as a lawyer Tamara with a client like this, they think they're not winning enough.

[Tamara Glanvill]

Well, there was a lovely judge who used to sit at Cambridge court, who used to say, if we had the end of an adversarial process, who used to say, if anybody walks out of my court happy, I've probably got my decision wrong. And the reality is that pretty much everything we do is compromise. Nobody wins.

Nobody wins. And so, I think family lawyers over the last 10 years or so have been working really hard to be creative about how to find a non-adversarial space to help their clients.

[Nick Coffey]

And it's now become enshrined in guidance from the family court as well.

[Tamara Glanvill]

It is. It's absolutely recognised.

[Nick Coffey]

Do you want to just go through that very quickly, what's happened since April? They've changed the guidance, haven't they?

[Tamara Glanvill]

Yes. So, the guidance has been changed so that everybody is obliged, lawyers and clients, to look at non-adversarial dispute resolution options. It's a bit of a mouthful, but we all know what it means.

And it means that you've got to try and find a way out of court. I suspect there's a political element to that, which is the courts need fewer people to work with them. But there's also some really, really good practitioners who will help parties mediate, who will help parties sit around a table together and collaborate.

And we've got a lot of judges now who will sit in a different role in a private capacity and make informed decisions, which is akin to a judge giving a determination, but it's just an indication. And it can help remove any impasse. So where, you know, one party thinks X and the other party thinks Y, they are really stuck.

Those indications from a neutral third party are very, very powerful at removing the impasse.

[Nick Coffey]

And also, I don't know about you two, but since around the age of two and a half, when people have told me what to do, generally, I won't do it. Just note that for future reference. Where I've been part of a process, and I think this is really key to this discussion of being empowered and given some agency in that decision making process, generally, I'll follow it.

So, you mentioned there are a number of non-court dispute resolution processes, whether it's mediation, collaborative law, private finance hearings. These are all places where you



get a chance to be part of the process. And none of those, there is one which is arbitration, which is final, but none of those have the power to tell you what to do and that you have to adhere to it.

So, none of them can say to you, you can only have your children once every two weeks, or you have to sell your house. Generally, and I'm interested to know, Julie, from your standpoint, dealing with individuals, where the process can be collaborative and where you feel you have agency in the outcome, so you can gain that power and control back, and I use both those words in the positive sense, that can be very helpful in moving forward.

[Julie New]

Yeah, and the word involved, if you're involved and you're working through a process, but you've got support to do that, you can actually get more of a kind of handle on your situation. It becomes clearer, doesn't it? And it then helps the process as you move forward through it, because-

[Tamara Glanvill]

It can take a long time. You remind me of a lady I once worked with, and it was a litigious process, and she said to me, I feel that I'm a pawn on a chessboard and there's a really complicated game of chess going on, and everybody's moving me around the board. I don't understand the rules, and I'm not actually sure that everybody else knows the rules. So, I am looking in on my life, watching people move me around, and it was such a powerful analogy.

[Nick Coffey]

And isn't this so important as well? Because what happens, and you're right, it's an incredible analogy, what happens is that your private life suddenly becomes the property of lots of other people, especially if you are unlucky enough to find yourself in a process where you become part of the system, and where the system involves potentially children's services and CAFCAS and practitioners and professionals. Suddenly, your parenting is under the microscope, and people are watching what you do very carefully.

Suddenly, your relationship is under the microscope. Suddenly, the way you interact or interacted with your soon-to-be ex-partner comes under the microscope, and that sense of exposure is tough, isn't it?

[Tamara Glanvill]

Oh, really tough, and literally being subject to other people's judgment.

[Nick Coffey]

And opinions.

[Tamara Glanvill]

And opinions.

[Julie New]

And it goes back to core values, because actually, a core value actually can't be changed. A belief can be changed, but a core value can't. And when you're going against a core value, you will feel as though your ladder is well and truly up against the wrong wall.

And when you're being questioned, your trust is being questioned, perhaps, or your honesty-

[Nick Coffey]

Integrity.

[Julie New]

Integrity - all of those things that you hold dear and that are an integral part of you can be absolutely sickening to your stomach.

And actually, it's like with the work I do, it's about giving people the opportunity to actually remember who on earth they were before all this started, and actually bring them into a place where they can think more clearly and work their way through the process, which can go on for a very, very long time, you know, years sometimes, and sometimes decades.

[Nick Coffey]

Can I chuck a theory at you?

[Julie New]

Certainly.

[Nick Coffey]

Certainly a, if not a theory, a process which I have found very useful in my personal story.

I find it very useful in my work, and which I think might be useful to bring in here and broaden out. And I learned this actually from a very esteemed family therapist, who knows what he's talking about. And he said, when you're faced with very large situations, and this is a large situation...

[Julie New]

It certainly is.

[Nick Coffey]

When you're faced with a very large situation, our instinct as humans is to try and see how we're going to solve it. What's the end game here? My marriage is over?

Okay, I've got this huge mountain ahead of me, and I've got to get through my divorce. And the advice he gave me, and this actually led to understand a founding principle of family therapy, and how family therapies work. He said, just think in terms of tiny, tiny little shifts.

They may not seem significant when they happen, but 10 shifts down the line, something big will happen, and you will say to yourself, oh, now that wouldn't have happened if that hadn't happened, which wouldn't have happened if that hadn't, and you will be able to go back down the line, 10 shifts the other way, and you'll realise that the tiny shifts have actually built up into a bigger shift, and eventually those bigger shifts build up into the next stage of your life.

[Julie New]

So, I go a little bit further back from that. So where I alluded to Hope HQ earlier, where my clients go - the thing that leads up to that is the stepping stone path, and I'd always wanted

a stepping stone path, because it's my job to get people eventually to a point where they can move forward along that stepping stone path, and eventually, they'll be skipping, along the path. But actually, my job, I see it as just getting them stable on that first stepping stone before they can even walk forward, or skip forward, or whatever. So, actually, I talk about really basic stuff in the beginning, and actually, that's where I kind of come from, and we talk about eat, sleep, breathe, repeat. So, eat, sleep, breathe, repeat, and actually, if people can start to do that, because often people's appetite's gone when they're going through very difficult times, or they overeat, sleeping can be really difficult, and actually, it's about thinking about, you know, how you can get some rest, and then the breathing bit, when we're in pain, whether that's emotional or physical, we hold our breath, and actually, it's really important to remember to do that, just taking a breath.

So, I think before you can take those little shifts, those little steps, you need to find your feet first. And it's being reminded of those things.

[Nick Coffey]

And Tamara, when someone comes to you at the worst possible moment, let's be honest, you probably see the worst of people, and I say that with huge respect. Is that a principle that you abide by, that you're trying to, in effect, break it down for them, explain the process, look at what you can do tomorrow, look at what you can do in a month's time, and just make it feel less huge?

[Tamara Glanvill]

It has to happen like that, because it's so overwhelming for a client when they first come in the door. Everybody is different, there is not one unique way.

[Nick Coffey]

Some are quite thrilled to be out of their marriage, by the way.

[Tamara Glanvill]

Exactly, and some are coming to me to say, hey, we've agreed everything Tamara, can you just draw up the agreement? So, it's not always very, very traumatic, but where it is, and where somebody is overwhelmed by the enormity of the challenge ahead of them, I really do break it down. So, I'm very careful to just say, this is what we need to do this week, and then I will feed it slowly, and there'll be other people that I can give them all of the information in one go, and they will go away with it, and they will process it in their own time, and they're very happy to do it.

I did a brilliant course when I was very early qualified, and it wasn't actually about my clients, it was about working with other people, and it identified that there are several personality traits, and one of the things that I find really, really helpful in my first meeting with clients is to work out what they are like as an individual, and that will then inform how I help them navigate their journey. Some people want all the information to go away and make decisions on their own, some people want walking through it step by step, some people want to feel heard and held and understood before they can even start the process, and that will help inform me whether I need anybody else to help us, whether I can do it myself, or whether I need to get coaches involved, who their friendship network is, how supportive their family is, whether they have financial advisors, because lots of people are

very scared, they've never been in charge of finances at the beginning or through their marriage. That feels really challenging, so the challenges are different for everybody, and so the first meeting really is just trying to understand what will work for that individual.

[Nick Coffey]

And this is the plot twist that I really wanted to bring out in this episode, because I know a lot of family lawyers, I know some bad ones, but most of them are extremely compassionate people, and most of them have been drawn to this particular part of law because they are passionate about helping people at the worst time in their lives. And many of them, and I know from personal friends, many of them do have their own divorce journey, they've either been through divorces, or they've had divorces in their family. And I think it's really important in this podcast to bring out this human side, because let's be honest, we do still have this, I mentioned Eastenders earlier on, but we do have this sort of, you know, American attorney law kind of big family lawyer notion.

And of course they exist, but fundamentally your bread and butter involves, at that moment, that one individual in a very difficult space coming to you because they need your help. And that's where, as a lawyer, your humanity and that of your department has to come through.

[Tamara Glanvill]

I think that's really true. I think family lawyers are a special bunch of lawyers. And there are very few people that are drawn to family lawyers that don't want to make life a bit better for other people.

There are lots of frustrations with the system, but I'm really proud of the work that we've done to try and make things a bit easier and to find other ways, because there are several ways to skin a cat. There are all sorts of different processes and finding the right process for your client, finding the right people, a team, the right people for your client is such a rewarding experience. And it's only very few cases that actually end up being litigated.

[Nick Coffey]

I wonder also, and Julie you'll see this in your work, I feel quite sure, I wonder also whether professionals can, and this is not a criticism in any way Tamara, but professionals can underestimate the impact on people once they get to the end of their divorce. Because of course the temptation is to say, yay, we've done it, we've got to the end, you have kept your house or kept your savings or whatever it might be. I don't know why I chose two financial things there, but you've reached a resolution.

The impact, the emotional and the physical impact on people is huge. And by that, I mean, look, the obvious emotional impact, it's been exhausting, it's been gruelling. But then there is, and I'm no doctor, but I know that weird things happen to your brain and your adrenaline system when you go through a divorce.

That means that almost, and I speak with some experience of this, you are then terrified by the noise of your email alert tone on your phone because you're so used to really stressful emails coming in. And you get to the point where you don't look at post that comes through your letterbox because you don't want to see what it is. That sort of, I mean, and this is a

very broad term here, but that post trauma part of divorce is really critical for people like Tamara to bear in mind, obviously in the way you work with your clients, and I know you do.

But also when we get to the end of the divorce or the end of the divorce process, the impact of that adrenaline and the stress and the anxiety, and also, something I've seen is that you've been in a divorce process and that divorce process may have lasted a fair chunk of time. If you're doing well, it could be a year. And then suddenly people don't know what their role is anymore because suddenly they've no longer got the ex-husband to complain about, the divorce, suddenly their world opens up in front of them and they're no longer that person going through a divorce.

[Julie New]

Yeah, absolutely. And I quite often will work with somebody throughout the process, and they reach that point of having gone through everything and it's done and dusted. They then have that ability then to be able to step forward.

So, they're going into their new chapter. And what I always want for them is for them to bloom again. That's men and women.

I had a client who is going through the Bloom program now. They've gone from me seeing them every month because that's what I do. I see people for two hours a month, but then they also have my support 24/7 so they can message me.

And I generally don't get back to them straight away. I have to say they do know that. But then they go into the Bloom program, and they see me every other month and they don't need me as much.

So, it's that kind of weaning off kind of process. But then eventually they literally do step into their new chapter. And that's my goal for people as I'm sure the same as Tamara.

It's about making sure that people have got a smile on their face again. They can relax. They can really begin to move forward in their lives.

And that's the place we want people to be.

[Nick Coffey]

And Tamara, isn't it this line? I've been known to use this quite often. But you know, if people's marriage is ending and they're in their early forties or mid-forties, I generally say to people, you could well have another 30 or 40 years left on this mortal coil.

This is the start of something new.

[Tamara Glanvill]

Indeed. And it's interesting that Julie was talking about chapters there because one of the things that I say to clients as they come to the end of their divorce process is the book now is turning a page. It's a blank page.

You're holding the pen, and you can decide what happens next. And for some people, that is extremely liberating, and they feel really, really excited. And for other people, they are terrified.

And so, to find somebody who can help them map out what the next stage will and what the next chapter will look like is so helpful.

[Julie New]

I just love that bit because this particular person I'm thinking of is going to have such a lovely life. But it wasn't the life that she thought she was going to have. But actually, she's going to be okay.

She's going to be more than okay. She already is more than okay. But it's taken a long, long time.

A long time.

[Tamara Glanvill]

And it is lovely when you get clients coming back to you years down the line. I had one once who phoned me up and said, I just have to phone you. I know you haven't heard from me.

You probably don't remember who I am. And of course I do. And she said, I had a horrible experience.

I really hated my divorce. I was really unhappy about the fact that my marriage had come to an end. But I wanted you to know that I'm really glad that it happened because I've met somebody else.

I'm so happy. And I'm glad I went through that process, however awful it was.

[Nick Coffey]

I think this is just such an important topic and one which we could do so many episodes around. If you could indulge me for 30 seconds, because I want to finish with both of you, in effect, giving us a note of reassurance, if such a thing is possible. I mean, it's like saying to someone, oh, you know, a close relative is about to die.

It'll be okay. We're not trying to say that. We're just trying to give people confidence to listen to this.

But you can indulge me for 30 seconds because I've just dug up, you know, I mentioned earlier the autobiography and five short chapters. I'm going to read it because it really does resonate with the end of that particular chapter and the start of a new one and doing things differently. So let me read it.

So, chapter one is, I walk down the street. There's a deep hole in the sidewalk. I fall in. I'm lost. I'm helpless. It isn't my fault. It takes forever to find a way out.

Chapter two, I walk down the same street. There's a deep hole in the sidewalk. I still don't see it. I fall in again. I can't believe I'm in the same place. It isn't my fault. It still takes a long time to get out.

Chapter three. I walk down the same street. There's a deep hole in the sidewalk. I see it there. I still fall in. It's habit. It's my fault. I know where I am. I get out immediately.

Chapter four. I walk down the same street. There's a deep hole in the sidewalk. I walk around it.

Chapter five. I walk down a different street.

And I wonder whether the summary of this whole discussion is around you as caring, compassionate professionals helping your clients walk down that different street.

[Tamara Glanvill]

Absolutely. I couldn't put it better. There's nothing I can say to add to that.

That's a lovely, lovely quote. I will use it.

[Julie New]

I actually have a, well, I'm eventually going to get this book out by next year. It's my third gift book and it's called The Divorce Garden Path and actually it's about navigating that garden path as you've just beautifully described. It's about how you navigate it and who you take on that journey with you and ultimately, it's about coming out the other side with the sun shining and being able to enjoy that sunshine again.

[Nick Coffey]

And as someone said to me when I was right in the heart of it, just imagine what your world might look like in 12 months' time. And that was a lovely piece of advice. And I always tried to visualize ahead how it might look different.

And that probably kept me sane. You've both been really lovely. I've really enjoyed hearing you both talk such expertise, but above all such warmth and compassion.

I think it's been really important in this episode to emphasize the need for warmth and compassion, having the right people around you as you call it Tamara, choosing your A-team, making sure you've got the right support, making sure you've got the right emotional and practical support. That is an investment in time and money which will, for want of a better way of putting it, pay itself back over time. Divorce, and I've said throughout the episodes that we've been recording today, this is not about telling people come to Taylor Walton, come and find a lawyer here, but divorce really is something you need the right advice on.

Let's be clear about this. The right support, the right advice and that support can come in the shape of yourself, Julie, as well. That can be crucial, not just for the now, but for the future, especially, Tamara, if there's children involved.

[Tamara Glanvill]

Indeed, because if you can do it well, if you can have a good divorce and you don't break the whole house down as you're doing it, then it paves the way for a much better and much happier family life. Although it might look different, it will be happy.

[Nick Coffey]

Be a new, new. That's a really good point to stop. Julie, if anyone wants to find you, what's the best way to do so?

[Julie New]

Social media – @changes\_forever\_bereavement. Or my website, which is julienew.co.uk.

[Nick Coffey]

Lovely, and I'll put the links in the show notes. Tamara, taylorwalton.co.uk. Best email address for the family law department or yourself would be?

[Tamara Glanvill]

Tamara.glanvill@taylorwalton.co.uk.

[Nick Coffey]

Tamara.glanvill@taylorwalton.co.uk. Don't forget you can click on follow for this series wherever you happen to be listening to it. That way you'll be notified of future episodes.

I have a sneaking feeling, I don't want to preempt this, but us three might just get a little sense that there's more for us to talk about. And if you are enjoying these episodes, then do leave us a review. It really does help get the word out there.

Until the next time, from me, Nick Coffey, and of course, Tamara and Julie, it's goodbye.

[Julie New]

Goodbye.

[Tamara Glanvill]

Bye!

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