



## Are you going through a painful breakup?

*"The hour I spent with Danielle was the most insightful of my life."*  
AR (CEO, Cheltenham)



Leading specialist divorce coach  
Danielle Barbereau is offering a  
new, online course to help you...

## **Emerge & Recover**

### Are you reeling with shock, confusion, hurt and pain?

Do you no longer trust yourself to make the right choices for you or your children? Do you think that you will never recover from this? Or that you will be on your own forever? That you will never be happy again? That you are not worthy? That you have lost all sense of self? Or that everyone else is calling the shots and you no longer have control of your own life? That you are to blame for what has happened?



*"You were my anchor in a stormy sea."*

Rose, nurse, Sheffield



### You are **not** alone!

Time heals, and emerging and recovering from a painful breakup is an experience that will change how you feel about yourself – for the better. My easy-to-follow course is designed to help you move through this process more quickly than by leaving it to time.

The online programme will help you survive the immediate aftermath of a breakup, start to emerge from the turmoil and make safe decisions again. It is designed to give you practical and emotional support and help you make the transition from pain to beginning to free yourself from the past.

It will help you:

- ✓ **Make sense of what has happened**
- ✓ **Regain control and make informed decisions**
- ✓ **Deal with damaging emotions**
- ✓ **Keep your self-respect and dignity**
- ✓ **Prepare to move forward**

*"I literally could not have done this without you."*

Andrew, CEO, Birmingham



### You will get there. You will feel better.

By the end of the course, you will have more clarity. You will have moved from a state of confusion, anger, or despair to a completely different headspace. You will be prepared to move forward without fear.

[Click for more information or to enrol](#)



*"Danielle came into my life as I was trying to recover from an unexpected and very painful separation from my husband of 32 years, who had embarked on an affair. With her humour, lovely warm personality and wisdom she helped me forge ahead to a brighter future."*

Veronica, Sheffield



To mark my 12th anniversary in practice, and in memory of my grandson James, I will be raising funds for Sands.

Sands (Stillbirth and Neonatal Death Society) is a charity registered in England and Wales (Registered Charity Number 299679), which supports people affected by the death of a baby.

[Find out more](#)



07860 801693



**Danielle Barbereau**  
Professional Divorce Coaching