

ABOUT NAN COHEN

Divorce Reality Expert

Coach for individuals dealing with divorce

Author of a new guided journal for navigating separation and divorce

Media programs via Nan Cohen Total Talk



Nan Cohen brings her team of experts to timely discussions to inform audience on topics for navigating life. Whether working one-on-one with those facing decisions around separation and possible divorce or collaboration with her team, Nan points out how the day-to-day and big picture realities affect those separating and working through divorce, including families with children.

A New Guided Journal for Those Dealing with Divorce – Fall 2011

Nan brings her years of practical knowledge about the emotions and logistics of divorce realities to a new format, a journal-style book (available fall 2011) for those dealing with divorce. Thought-provoking questions to encourage the reader to ask themselves and to write about the most important considerations at the start of their journey.

Nan Cohen Total Talk

“DEALING WITH DIVORCE” is Nan Cohen's 30-minute radio show. Here, her valued experts join her to discuss divorce and all its related issues. “Nan on Divorce” is now recognized as the go to person on divorce. While she does not promote divorce, Nan does promote understanding all of the complexities of divorce: from custody to alimony, child support to financial settlements, parenting skills, dating, and remarriage. On KQV 1410 AM in Pittsburgh since 2004, Nan’s shows are also heard streaming on www.kqv.com.

In addition to DEALING WITH DIVORCE, Nan has hosted these popular half-hour shows:

- * MIND BODY & SOUL, about emotional and physical well-being.
- * THE HOME SOLUTIONS SHOW dealing with high end home improvements.
- * PITTSBURGH’S TALKIN’ PETS
- * PITTSBURGH LIFESTYLES, A show featuring local businesses which can improve your life.

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Watch for Nan’s new Web site: nancohentotaltalk.com

NAN COHEN

Divorce Reality Expert

About Nan

NAN COHEN considered marriage a lifetime commitment. Her new reality began abruptly when she returned from a family vacation to her husband's demand for a divorce. It was the early 1990's and she was the mother of a 14-month-old daughter. While her world was turned upside down, her husband—knowledge from his prior divorce—accessed and locked Nan out of their bank accounts and credit cards, leaving her without even cash for a new car seat for their growing toddler.

Nan learned the realities of divorce by experiencing it—a long and bitter divorce, joint custody, social stigma, and emotional turmoil. Through it all, she gained empowerment by being there for others experiencing divorce. By the time her second husband said, “Nan, you should become a divorce therapist,” Nan recognized a niche. Surrounding herself with a panel of superb lawyers, accountants, certified divorce financial analysts, marriage counselors, and even judges, Nan has created a forum in which to explore the myriad of aspects of divorce.

Finding her voice as a quick-witted, practical and non-nonsense resource, Nan hosts DEALING WITH DIVORCE, on the air since 2004. This 30-minute weekly radio show is heard on Pittsburgh's KQV 1410 AM on online <http://www.kqv.com/> Thursdays at 7:30 pm. Here, her valued experts join her to discuss divorce and all its related issues.

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Centrally, Nan promotes everyone dealing with divorce to do what is best for the involved children.

Nan began with a local show regarding plastic surgery. She been a contributor on KDKA-TV on “Pittsburgh Today Live” and is a frequent guest expert in programs and media stories about divorce.

Nan's 14-month-old daughter is now 20 and a sophomore in college. Her 11-year-old daughter with her second husband is in sixth grade. Her husband and family supports her goal to help people going through a divorce; besides, Nan concurs, her husband knows he would get his clock cleaned if he divorced her.

A Divorce Coach:

- Is a professional who brings broad knowledge and experience to assist you in managing the many personal challenges that may arise during a divorce?
- Assists you in understanding your options and making informed decisions regarding parenting, lifestyle and social situations.
- Provides a sounding board to expose and discuss the gamut of emotions related to divorce, such as fear, anger, guilt, frustration, and more.
- Supports you in finding the balance between divorce and moving forward with your life.
- Helps you with parenting and custody questions.
- Is a personal “database “of resources and people who deal with every aspect of divorce. Your coach is able to refer you to experts for advice on important areas of your life.
- Is there to suggest tools for understanding and working through your emotions.
- Can help you to formulate your goals and visualize your dreams.

What Nan’s clients say:

“When my divorce proceedings first began, I was scared out of my mind. Simply put, I was a “basket case”. I was afraid I would lose my children, my business, my house and my money. Talking to Nan early on in this process--and it definitely is a process—gave me a unique perspective that I may not have gotten otherwise. Nan has the ability to listen carefully, separate “the wheat from the chaff” and steer one toward certain individuals and actions that are both helpful and practical. Her years of experience in dealing with many aspects of divorce enable her to not only recommend people who can help in this often difficult and painful process, but she can also help one navigate the minefield of complexity associated with divorce—in areas such as legal, financial, custodial, real estate, emotional, and more.”—
Divorced and Still Standing in Pittsburgh

“I have known Nan for over five years and she has been nothing but supportive throughout my divorce process. She has given me solid advice and often posed questions to me that I hadn’t considered myself, knowing that they were things that I would have to consider for myself and my children. She is often a voice of reason, keeping it real for me when I need an objective voice and always telling it to me straight, even if it was difficult for me to hear. I trust and value her opinion.” –Sue

FAQ: Questions Frequently Asked About Divorce

- **How do I know if I am ready for divorce coaching?**
You will realize that you need to move ahead with your life, but you are just not sure about the how, when and why. This is when you are ready to begin with me.
- **How do I get started?**
Contact me via e-mail or phone and we will schedule your consultation. We can then work together to set your goals and to begin your plans to move forward on this new chapter of your life.
- **How does divorce coaching work?**
Our sessions are one-on-one and we will meet at least once a week for one hour, depending upon your needs. We can meet face-to-face, have telephone sessions, or schedule a video chats. By working diligently, a coaching relationship may last between 3 and 6 months.
- **I have an attorney. Isn't that who can get me through the process?**
Why do I need a coach?
Of course, an individual cannot and should not go the divorce process without an attorney for legal representation. Keeping that in mind, I organize and help sort through the maze of endless issues arise as you deal with changes in your routine, social life, family gatherings, and so many other areas. Attorneys can empathize with your problems, but their job is really about helping you to resolve legal issues. Think of coaching as a specific professional service that is different than that of your lawyer. Our coaching sessions are really about you. This can help to make your attorney's job of handling the legal aspects more manageable and efficient.
- **Are there special areas within divorce coaching?**
Divorce coaching often overlaps with Parent Coaching, Teen Coaching and Relationship Coaching. Sessions can be focused on parenting challenges during divorce, the special aspects for teens dealing with divorce, and how to deal with old and new relationships while working through a separation of divorce. All coaching sessions can deal with your unique "big picture" and special circumstances you may be juggling, even how to decide when you are ready to begin dating again.

NEWS from NAN COHEN *Divorce Reality Expert*

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NEW SCHOOL YEAR BRINGS CHALLENGES FOR PARENTS

Nan Cohen Says Parents have Unique Back-to-School Challenges when Separated or Divorced

A new school year is full of surprises, but expecting the unexpected will assist parents dealing with separation and divorce, says divorce reality expert Nan Cohen, host of “Dealing with Divorce” on Pittsburgh’s KQV-AM. The unique challenges of students entering a new school or classroom this time of year can be stressful, says Cohen. But “back-to-school” coupled with parents who now operate from two households or juggling their own emotions require families to apply some specific steps for success.

“Children are especially vulnerable when a separation or divorce is new,” observes Cohen, who for more than a decade has been tackling divorce-related topics as host for “Dealing with Divorce” and now online at www.divorcerealityexpert.com. Focusing on the personal and wellness concerns around divorce, Cohen is passionate about the effects of divorce on children, who may be overlooked in the midst of parental disagreements and conflicts--long after the papers have been signed.

“Returning or even starting school for the first time is a big step for children,” says Cohen. “When parents are juggling emotions, custody, and multiple schedules, everyday routines can be disrupted. It’s important that parents who may not be living together work together on behalf their children. The academic success of the students can be affected by what’s happening—or not happening—at home.”

Parents need to focus on functioning as a family, especially when the parents are apart, Cohen stresses. “Keep emotions and conflicts out daily life and set goals with your child for successful outcomes associated with their children’s education and extra-curricular activities,”

“Put the children and their time in the spotlight first,” Cohen advises.” This is not the time to argue about who attends a particular concert or sports event. Find ways that both parents and other family members can be supportive during those moments when your kids shine.”

Custody arrangements may affect many relatives, especially grandparents, Cohen observes. School activities, she says, are a great opportunity to bring other family members along in supporting children in their achievements.

Cohen suggests five simple ways for those dealing with separation and divorce to set goals for the school year:

- 1. Support your child in feeling good about what they do.** Discuss what’s ahead this year and determine what roles each parent can play individually and together. “When you tackle that calendar of carpooling, parent-teacher meetings, arts programs, and sports,” Cohen suggests, “keep the happiness of your child foremost. These are not chores for parents; these are milestones to share with your children.”
- 2. Divide and Conquer:** Determine what matters most to your children and how both Mom and Dad. (along with Grandparents, Aunts, Uncles) can take part in events and celebrations throughout the year. Cohen maintains that couples in divorce need to recognize the support grandparents can provide. “But you need to decide what they can do and can’t do for you and your children.”

3. **Keep it simple.** A favorite reminder from Nan, who insists realistic planning and goals keep school and all the other layers of life more manageable. “You can be very positive by being realistic in setting schedules, timelines, and vacation plans. Sometimes this planning must be less to do about custody agreements and more about what your child needs.”
4. **Set Homework Rules.** Homework can look very different at Mom’s house or Dad’s home. Cohen suggests that parents discuss guidelines for important issues like homework, curfews, and driving. “Kids of all ages benefit from structure,” she says. “Having similar rules at each home—if parents live apart—is very helpful to the children. It’s best not to allow children to play one parent off the other with ‘Mom said I could!’ moments.”
5. **Get help when you need it.** Your time is precious so make the most of it with your child. Ask for help with child care, shopping, yard and house work—whatever it takes to have more time with your school-aged child. “Don’t be afraid to barter or to give up something so that you can pay for a few hours of assistance,” says Cohen.

“It’s not easy, but focusing on your child will always keep things in perspective,” Cohen notes. “Sure, divorce is all about the parents, but while parents may not be together, they always remain parents.”

As kids head back to school, some parents are dealing with lawyers, signing papers, and coping with emotions around divorce.

“Do take care of yourself so that you can be there for the kids,” Cohen advises. Always, Cohen notes that those who are experiencing especially turbulent emotions and difficulties should consult a counselor or their spiritual leader.

“Some days are rough,” she adds, speaking from experience, “But every day with your child is a blessing.”

Nan Cohen is recognized as the go-to person on separation and divorce. On the air with “Dealing with Divorce” since 2004, Nan brings her practical, reality-based perspective to audiences and individuals seeking direction on navigating through divorce. Now coaching one-on-one, Nan’s expertise is based on her own experience and long-running radio show. After her marriage took a surprising turn and she found herself confronted with all the emotions and logistics of divorce, Nan began to share what she had learned and discovered a niche in which she could help others work through a transition to a new beginning.

Nan Cohen is online at www.divorcerealityexpert.com and on Facebook at Nan Cohen Total Talk.

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