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Business Spotlight

Conscious Uncoupling: Turn your pain into power

“Contrary to popular belief, time does not heal all wounds. We do.” This is a quote from Katherine Woodward Thomas, author of the NY Times bestseller *Conscious Uncoupling: 5 Steps to Living Happily Even After*. *Conscious Uncoupling™* has evolved into today's most celebrated, breakthrough approach to healthy break-ups. The simple 5-Step program has helped thousands of couples (including celebrities such as Gwyneth Paltrow and Chris Martin) part on positive terms and transform their pain into personal power and growth.

Kimberly Koste Coaching helps couples break up peacefully using the *Conscious Uncoupling™* process. There is absolutely hope on the other side of divorce and Kimberly helps people create something beautiful out of something that can be so painful. The family form can change, but not end up broken.

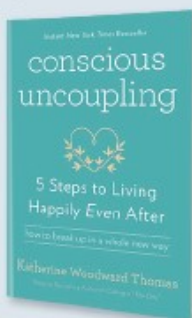
Her larger mission is to keep families out of court rooms altogether, which can not only save them tens of thousands of dollars on lawyers and other court costs, but also the emotional damage that too often happens to all family members of divorce.

“My clients and I come together as a team and go deep very quickly into what happened so that we know how to move forward,” says Kimberly. “People in breakup pain need relief so they can get back to living productive lives. We start with a 10-session package and often no more is needed.”

Kimberly always knew she wanted to help people feel better. And she inherently knew she needed to find the answer

to the two-part question, “Why do people do what they do and how can we change patterns from childhood?” So, she got her M.A. in Clinical Psychology with the goal of becoming a therapist, but realized that the track to becoming a therapist had not answered the second part of her question or trained her to help people achieve it.

When much later Kimberly discovered the field of coaching, she knew she had found the missing ingredient: graduation from the patterns that keep us stuck. In coaching, we move beyond analysis of what happened or how we became this way, and make conscious the unconscious blocks, freeing ourselves to be our best selves.



Kimberly Koste

Learn more at www.KimberlyKosteRelationshipCoaching.com
or by calling 949-394-6034