



## Collaborative Law Section - October Meeting

Meeting Called By: Wil Miller, Chair

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**Date:** Friday, October 21st  
**Time:** 12:00 PM to 1:15 PM  
**Topic:** *The Emotional Effects of Toxic Relationships on Collaborative Practice: Dealing with Stress, Low Self-Confidence and Self-Worth Inside the Collaborative Container* by Coleen Gose, MSW, Life 2.0 Coaching with Coleen

**CLE Credit:** 1.00 Law & Legal CLE Credit A/V Approval #1225857

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### Agenda

- 12:00 PM** Introduction – Wil Miller, Chair
- 12:10 PM** Presentation: *The Emotional Effects of Toxic Relationships on Collaborative Practice: Dealing with Stress, Low Self-Confidence and Self-Worth Inside the Collaborative Container* by Coleen Gose, MSW, Life 2.0 Coaching with Coleen
- Presentation Preview: Women who are in the throes of divorce, especially those who have experienced an abusive or toxic relationship, are not only dealing with the stress that a divorce can bring, but are also dealing with low self-confidence and self-worth. They need to have support in making the right decisions for themselves and for their children.
- It is so important to find out if your client is a victim of abuse as most clients would not always divulge this information for fear of retribution from their spouse. There are many critical questions attorneys can include in their screening process. An important question is asking if the client feels safe with their partner. If the screening reveals that

the potential partner is in danger, it is important to assess the level of danger and help them find a safe place to stay, whether it is with a relative, close friend or a shelter.

If the client is not in danger, they are most likely dealing with the emotional effects of a toxic relationship, namely, low self esteem, emotional pain and stress. These clients need assurance and support in making the right financial and legal decisions that will take care of their family. Most women in this situation will feel powerless and not sure that they deserve anything out of their marriage. They will need an attorney who will understand that women in toxic relationships lose their identity and need assurance that they deserve to receive equitable financial compensation from their marriage.

**1:15 PM**      Adjourn

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### **Speaker Biography**

**Coleen Gose, MSW, Life 2.0 Coaching with Coleen – Coleen** is a survivor, certified coach, published author, trauma informed coach and domestic violence advocate. I teach women in toxic relationships how to build the confidence, learn the skills, and develop their voice to get out of a life of fear and stress, to a life of freedom, joy, and empowerment.

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