

## Thriving In The Chaos Of Divorce with Paulette Rigo

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

As a Credentialed Mediator and Certified Divorce Coach, Paulette Rigo specializes in mediating and coaching women through high conflict, domestic violence, parental alienation, estrangement and narcissistic divorce cases. In this episode, she shares her wisdom and expertise to educate and encourage women who are considering or in the midst of the divorce process thrive in the midst of the heartache and challenges.

During our conversation, Paulette:

- Enlightens us with why she chose to do the work she does as a divorce expert and her journey to discovering her passion.
- Walks us through her own journey with divorce.
- Shares some helpful insights for thriving in spite of the pain and struggle.
- Explains how to know when you need a therapist versus a certified divorce coach.
- Shares some important points for people who are struggling right now with that inner turmoil and conflict in their marriage.

As Founder of Better Divorce Academy, she breaks down divorce from the earliest stages of contemplation to the necessary final steps of healing using practical tools, inspiration, and a proven mediation/negotiation model.

Her specialty is working with clients in high-conflict narcissistic abuse divorce. She saves an average of 45-65K in legal fees, 8-22 months in court, and a ton of heartache and bad decisions. Her commitment in creating an optimal divorce experience for every family member, particularly the children is her life's work.

Drawing on her thirty-five years of experience, Paulette is a pioneer in the world of wellness and transformation and brings strength and breadth to her ability to help her clients heal.

Better Divorce Academy is an organization dedicated to helping create a better story for everyone involved no matter what the conflict. She's a best-selling author of Better Divorce Blueprint, Host of The Thriving in Chaos Project Podcast, and co-creator of How To Divorce A Narcissist, divorce and mediation consultant, educator, speaker with a passion for attacking challenging relationships, marriage and divorce positions.

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#### **Quotes from this Episode:**

**“I believe in marriage as a sanctity... It's a beautiful thing when it works. But it's not such a beautiful thing when it doesn't, and it's very painful. ” — Paulette Rigo**

**“The greatest fear is the fear of change. Divorce is another word for change. Nothing in your life will be the same.” — Paulette Rigo**

“If you have the right support system and the right professional that understand it's going to be a better experience, I promise.” — Paulette Rigo

“Always know that it isn't a matter of talking about these things, because you want it to happen, right? It's a matter of educating yourself. And also understanding that you shouldn't be the person that thinks that can never happen to me.” — Paulette Rigo

#### **Resources:**

Better Divorce Academy

Website: [www.betterdivorceacademy.com](http://www.betterdivorceacademy.com)

Facebook: <https://www.facebook.com/pauletegloria>

Twitter: <https://twitter.com/pauletegloria>

LinkedIn: <https://www.linkedin.com/in/paulette-gloria-rigo/>

Instagram: <https://www.instagram.com/pauletegloriarigo/>

#### **Golden Timestamp:**

**31:03 - 32:03** - Shares that just because someone else you know, has gone through a divorce, yours will be the same or similar.

**42:09 - 42:53** - Be careful on choosing your therapist and counselor, make sure you are working with the right professional.

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