FREE GUIDE

Who's On Your Divorce Team?

Divorce touches your legal rights, your finances, your emotions and your family. No single professional handles all of it. This guide covers who you may need, when to bring them in and a few questions to start with. Not everyone needs every professional, and not all at once.

YOUR CORE TEAM

LEGAL

Family law attorney

Advises you on your rights and options, prepares documents, negotiates for you and represents you in court if needed.

WHEN TO BRING THEM IN

Before you file or as soon as you are served, and before you sign anything.

STARTER QUESTIONS

- [ ] What process do you recommend for my situation, and why?
- [ ] How do you bill, and how can I keep costs down?

RESOLUTION

Family mediator

A neutral professional who helps both spouses reach agreements outside of court. Does not represent or advise either side.

WHEN TO BRING THEM IN

When you can talk, even if it is hard, or when a court requires mediation.

STARTER QUESTIONS

- [ ] Are you certified or court-approved where we live?
- [ ] How do you handle a high-conflict dynamic?

FINANCIAL

Divorce financial specialist

A CDFA® or similar professional shows the long-term effect of a settlement: taxes, retirement, support and the house.

WHEN TO BRING THEM IN

When there are retirement accounts, a business, or a decision about the home.

STARTER QUESTIONS

- [ ] Can you show me my finances five or ten years out?
- [ ] Are you a fiduciary, and how are you paid?

EMOTIONAL

Therapist or counselor

A licensed mental health professional who helps you process grief, anxiety and anger. A child therapist can support your children.

WHEN TO BRING THEM IN

When sleep, work or daily life feels hard, or your children are struggling.

STARTER QUESTIONS

- [ ] Do you have experience with divorce and family transitions?
- [ ] Do you offer online sessions or take my insurance?

As your situation calls for it

These professionals are not needed in every divorce, but they can save money and stress when they are.

☐ **Tax professional (CPA)**	Filing status, dependents, support, and the tax impact of selling property or dividing accounts.
☐ **Business valuation expert**	When you or your spouse owns a business or professional practice that needs a fair value.
☐ **Real estate professional**	An agent experienced with divorce can help with listing, timing and selling a shared home.
☐ **Mortgage professional**	Learn early whether you can refinance or qualify to keep the home on one income.
☐ **Estate planning attorney**	Update your will, beneficiaries, powers of attorney and guardianship choices after divorce.
☐ **Parenting coordinator**	In some places, a court-appointed or agreed professional helps high-conflict parents follow a parenting plan.

Tips for building your team

1. **Start with legal advice.** Speak with a licensed attorney where you live before you sign or agree to anything, even if you plan to mediate.
2. **Bring in finances early.** A financial specialist is most helpful before terms are settled, not after.
3. **Check credentials.** Confirm licenses and certifications where you live, and ask how each professional is paid.
4. **Let them work together.** Ask permission for your professionals to share information, so you are not the go-between.

You don't have to build it alone.

Divorce coaching helps you decide who belongs on your team, prepare for every appointment and get the most from each professional's time. Coaching works alongside them, not in place of them. Just Exhale is fully remote, experienced in Florida divorces and open to clients in any location.

Reserve a free Fit Consultation

More on each professional:
JustExhaleCoaching.com/professionals.html

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