



# The Co-parenting | *course*

Everything You  
Need to Know





# A Note from the Founder

Hello, my friends,

Thank you for signing up for The Co-Parenting Course! I am really happy you are here.

I used to be a family lawyer, but I wanted to find a better way to help people going through tough times like separation and divorce.

That is how my dispute resolution practice, Divorce Done Differently, and this course came about.

In this course, you will find content designed by lawyers, mediators and psychologists, and you can learn everything online at your own speed for a whole year. It covers all the important co-parenting bases, and you can take your time in a safe space. Plus, there is a special offer for one-on-one co-parent coaching, and when you finish, you will get a Certificate of Completion.

If you have any questions, just reach out to me or my team.

Let's start this journey together and make you the best co-parent you can be!

Best wishes,

**SHELBY TIMMINS**

FOUNDER OF DIVORCE DONE DIFFERENTLY | FAMILY MEDIATOR | FAMILY DISPUTE RESOLUTION PRACTITIONER | COLLABORATIVE COACH | PARENTING COORDINATOR | PRESENTER | AUTHOR





# Who is The Co-Parenting Course for?



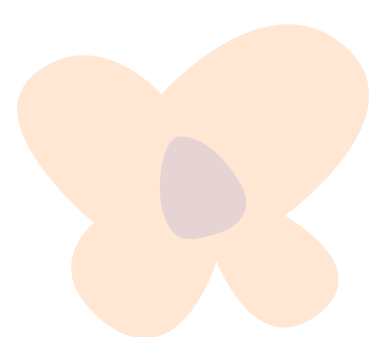
This course is suitable for any parent who is separated, whether they are amicable or conflicted co-parents. Additionally, individuals supporting someone through a separation, such as grandparents or other family members, are welcome to participate.

## What will I learn in the course?

This course is packed with amazing resources and helpful information. Here is a sneak peek of what to expect.



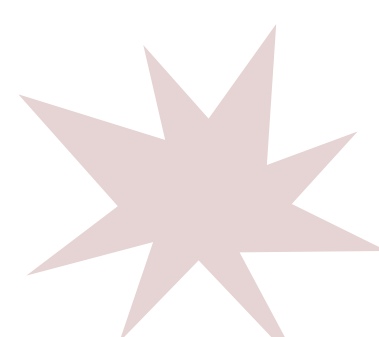
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### MODULE 1

#### Co-parenting 101

- Understand what Co-Parenting means
- Explore the different types of Co-Parenting
- Take our Co-Parenting Quiz
- Decide what kind of Co-Parent you want to be



### MODULE 2

#### From Partners to Co-Parents

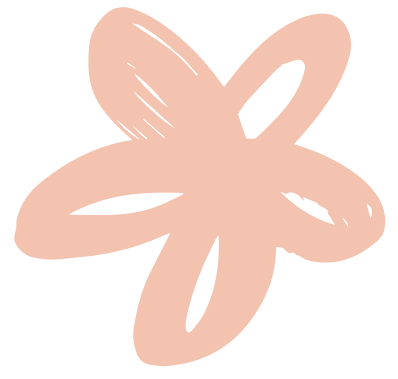
- Navigate the tricky transition from being a couple to being Co-Parents
- Learn how to manage your emotions
- Discover how to keep your kids in mind when your relationship ends



### MODULE 3

#### Divorce For Kids

- Divorce through a child's eyes
- Your child's ages & stages
- Emotions
- A child's voice
- Should kids have a choice?



#### MODULE 4

### *Communication is Key*

- Learn how to get communication right with your Co-Parent
- Know when, where, and what to talk about with your kids
- Create your own Co-Parenting Communication protocol



#### MODULE 5

### *Conflict & Kids*

- Understand that conflict damages children, not divorce
- Learn if all conflicts are the same
- Discover how and why you can make conflict constructive



#### MODULE 6

### *Common Co-Parenting Challenges*

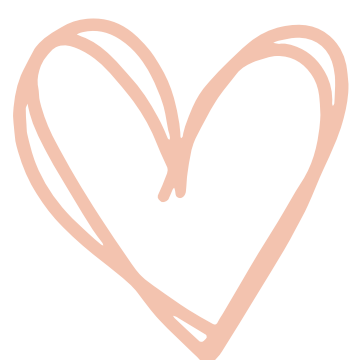
- Get practical strategies to solve issues with your co-parent like pick-ups, drop-offs, sleepovers, belongings and bedtime
- Learn Co-Parent do's and don'ts



#### MODULE 7

### *Kids & Court*

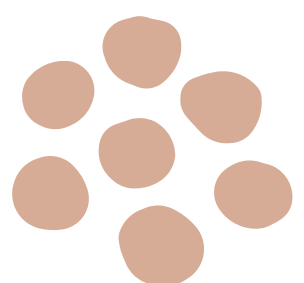
- Learn why kids and court aren't a great mix
- Explore alternatives to court
- Understand conversations from the kitchen table to court, with all the in-between stuff
- Decode legal language



#### MODULE 8

### *Grief & Self Care*

- Understand the cycle of grief
- Grasp how to take care of yourself
- Learn how to thrive, not just survive, after your separation



#### MODULE 9

### *Tricky Topics*

- Learn how to address issues with mental health
- Understand how to discuss addiction issues
- Grasp how to deal with domestic and family violence
- Understand parental alienation



#### MODULE 10

### *Creating a Co-parenting Plan*

- Create a Co-Parent checklist
- Learn to make a great Parenting Plan
- Understand when it's time to get a lawyer





# How will the course be delivered?

Here is how the course will be delivered:

- Ten detailed online modules covering all of the co-parenting topics
- Ten workbooks for you to keep
- Interactive exercises
- Ten webinars for you to watch and re-watch in your own time for a whole year

## What is the cost of the course?

Select the payment option that suits your preferences and kickstart your co-parenting learning journey today!

### OPTION 1: Pay in Full

- ✓ Enjoy unrestricted access for 12 months
- ✓ Participate in engaging webinars
- ✓ Utilise comprehensive workbooks
- ✓ Access a resource pack and additional materials
- ✓ Receive a certificate of completion

**\$550**

incl GST.

JOIN NOW →

### OPTION 2: Payment Plan

- ✓ Enjoy unrestricted access for 12 months
- ✓ Participate in engaging webinars
- ✓ Utilise comprehensive workbooks
- ✓ Access a resource pack and additional materials
- ✓ Receive a certificate of completion

4 x monthly payments

**\$137.50**

incl GST.

JOIN NOW →



# Frequently Asked Questions



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## IS THE CO-PARENTING COURSE VOLUNTARY?

Participation is generally voluntary. However, in circumstances where a challenging co-parenting relationship or communication issues have been identified, a court may order your participation.

## WILL I GET A CERTIFICATE OF ATTENDANCE?

Yes! Upon successful completion of all modules, you will receive a Certificate of Completion.

## IS THERE A TIME LIMIT TO COMPLETE THE COURSE?

You will have unlimited access to the course modules, workbooks, webinars, and recommended resources for 12 months from your initial payment date.

## DO I HAVE TO TAKE THE COURSE WITH MY CO-PARENT?

You have the flexibility to take the course on your own or with your co-parent.

## IS THE COURSE CONDUCTED IN PERSON OR ONLINE?

The course is designed to be completed online at your own pace. Additionally, 1:1 individual co-parenting coaching sessions can be arranged with Shelby Timmins.

## HOW LONG WILL THE COURSE TAKE?

The course is designed to be completed at your own pace and consists of 10 modules. Each module requires approximately one to two hours of your time.



## IS THE COURSE COURT APPROVED?

Upon completing the course, you will receive a certificate to show that you have completed the course.

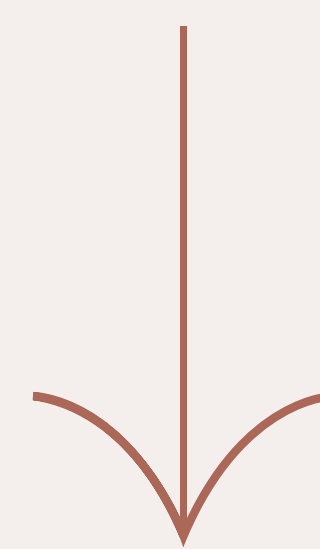
## WHAT IF I NEED ONE-ON-ONE HELP?

Our team is just a phone call away. We also offer 1:1 individualised co-parent coaching, which can be arranged directly with Shelby Timmins.



Shelby Timmins

← Your  
Course Team



Kathryn McCallum



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# What others are saying about The Co-Parenting Course



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"How fabulous to see this online co-parenting course being offered by Shelby Timmins. Shelby is so experienced in this space, highly respected by her peers in the family law profession, and recognised in the Doyle's Guide 2024 as one of only three preeminent mediators in New South Wales. I am excited for families in Australia that they will be able to gain the benefit of what I am sure will be a realistic and practical guide to navigating post-separation parenting with success."

*Susan Abrams*

**Collaborative Family Lawyer & Leading Mediator  
President of the Australian Association of Collaborative  
Professionals**



"Shelby is calm and considered when it comes to working with families during their separation and divorce. Her focus is always on how to create a space that is best for your kids."



*Clarissa Rayward*

**Director of Brisbane Family Law Centre  
Accredited Family Law Specialist & Founder of 'Happy Lawyer  
Happy Life'**





“Shelby’s extensive background in family law and wealth of experience in separation dynamics offer an unparalleled level of co-parent coaching, training, and resources. She equips co-parents with essential emotional support and practical tools. Her empathy and guidance foster respectful communication and effective co-parenting.”

ROWE & ASSOCIATES

*Clare Rowe*

**Founder, Principal and Clinic Director of Rowe & Associates  
Child and Family Psychology**

**Educational and Developmental Psychologist | Family Report  
Writer**



"As always, Shelby was wonderful and extremely helpful. The client appreciated her gentleness and expertise."

**barker  
evans.**

*Nicole Evans*

**Managing Director of Barker Evans  
Collaborative Family Lawyer | Author of "Lesbians & The Law:  
A Guidebook for Australian Families"**

“Shelby has invaluable experience as a family lawyer, mediator, and family dispute resolution practitioner. Her integrity and empathy make her one of the best co-parenting coaches in the country.”



**BD  
W**

*Melinda Winning*  
**Partner of Barkus Doolan Winning Family Lawyers  
Accredited Family Law Specialist | Collaborative  
Family Lawyer | Arbitrator**



Do you have any  
questions or need more  
information?



Visit [www.thecoparentingcourse.com.au](http://www.thecoparentingcourse.com.au) for more details  
or reach out to Shelby at [shelby@divorcedonedifferently.com.au](mailto:shelby@divorcedonedifferently.com.au) or  
Kathryn at [kathryn@divorcedonedifferently.com.au](mailto:kathryn@divorcedonedifferently.com.au)

If you are a lawyer interested in reviewing the course for your firm,  
please email us, and we will schedule a time to guide you through  
the program.

