

The background image shows the silhouettes of a man and a woman standing on a rooftop or balcony, looking out over a city skyline. The sun is low on the horizon, creating a warm, golden glow. The woman is on the left, wearing a dark jacket, and the man is on the right, wearing a light-colored shirt and dark pants. They are both standing with their hands on their hips. In the foreground, there are tables and chairs, suggesting an outdoor dining or lounge area. The city skyline in the background includes several tall buildings, with the Willis Tower (formerly Sears Tower) being the most prominent one on the right.

Wellbeing in the workplace: **Employee Breakup, Divorce** **& Domestic Abuse support**



How Breakup & Divorce impacts your business

Reduces your employee productivity
by up to **40%** for a period of three years¹

Also reduces **co-worker's productivity** by 4%
and line manager's by 2.5%¹

Absenteeism: **23% of workers** who went through a
divorce or separation had to **take sick or unpaid leave**²

Up to **70%** of your workforce **are dealing**
with the effects of divorce at any one time¹

In 2021, UK employees **seeking separation**
and divorce advice was **up 73%** year on year³

Employee retention For just under 1 in 10, it resulted in
them leaving the company within the year post-divorce⁴

Relationship breakdown **costs US industry \$300 billion** annually⁵

Research shows that the cost of **lost productivity** to a
business **equates to 143%** of that employee's annual salary¹

1 Nashville Business Journal. 2 Raydens Solicitors '2021 Divorce in the workplace' study. 3 Zurich. 4 Resolution Family Justice. 5 Life Innovations 'Marriage & Family Wellness' study.

Introducing Sara Davison

Professional Breakup & Divorce Coaching from Accredited Coaches trained by Sara Davison
- the world's leading Divorce Coach. Providing emotional support and practical tools to help
with any breakup.

Sara Davison Global Enterprises Ltd has:

Trained more than **400 Coaches**
in **23 countries** across **5 continents**

300K+ podcast downloads

Helped **500,000+** clients globally

Published **2** books



What is Breakup & Divorce coaching?

Our specialist support is designed to help clients to cope better with any kind of breakup, separation or divorce. We specialise in providing emotional support for the roller coaster that follows a breakup, as well as the practical challenges clients face.

How we can help your employees:

- Reduce stress, anxiety and depression
- Maintain performance levels
- Help them to make better decisions
- Reduce time spent navigating the divorce process
- Reduce impact of becoming a single parent
- Manage upsetting conflict
- Deal with an abusive ex-partner
- Speed up the breakup recovery process

Why does your business need Breakup, Divorce & Domestic Abuse coaching?

Our Coaches are experts in breakup, divorce and domestic abuse, so they understand the emotional roller coaster and specific practical challenges that your employees will be experiencing. We listen to their unique situations and tailor our advice to help them cope better. Our Coaches have a wide range of tools and techniques that are designed to create rapid transformations from the very first session.

As breakup specialists we can enable employees to take more control of their emotions and provide effective methods for them to maintain productivity, clarity of mind and a positive focus. As we navigate the breakup or divorce process alongside them employees feel supported and not alone. They have answers to their questions and time outside of the workplace to process negative emotions in a safe, confidential environment.

If employers ensure that their employees have the right specialist support during their relationship breakdowns it drastically reduces the negative impact on the business. With our support employees can not only survive their divorce but go on to thrive. Our support helps maintain productivity, reduces absenteeism and also boosts staff retention as employees feel cared for.

A business that stands by their staff and supports them through their darkest moments creates loyal and highly motivated employees who are invested in the company and its long-term growth.

How Domestic Abuse impacts your business

21% of full-time employees experienced domestic violence

74% of them underwent harassment at the workplace

£14 billion lost to businesses each year through decreased productivity, time off work, lost wages and sick pay as a result of domestic abuse

Over 1/10 report that the abuse continues in the workplace, in 81% of cases this is through abusive emails or phone calls

47% of those experiencing domestic abuse say their perpetrator turned up at their workplace or stalked them outside their place of work

16% said that their perpetrator worked in the same place as they did

Nearly **9 out of 10** workers said it impacted their performance

Over half of those experiencing domestic abuse have to take time off work as a result of abuse and nearly half were late to work

One in fifty women lose their jobs as a consequence of domestic abuse

Over **a quarter of colleagues** had been threatened or harmed by a colleague's abuser

90% of those experiencing domestic abuse said it created conflict and tension with colleagues



Why does your business need Domestic Abuse support?

Domestic abuse can destroy lives leaving physical and emotional scars. It takes many forms including physical, financial, emotional and psychological abuse. Research shows that a high proportion of those enduring domestic abuse are targeted at work, negatively affecting those abused as well as their colleagues.

Importantly, the workplace can often be one of the few safe places that a victim can be separate from their abuser and where they are able to ask for and access support.

Your actions as an employer can change and potentially save that person's life.

Victims may experience:

- Depression
- Sleep deprivation
- Inability to concentrate
- Loss of appetite
- Physical pain
- Isolation

These factors often result in:

- Performance issues
- Absenteeism
- Presenteeism
- Reduced productivity
- Lost output

How we can help:

- Training to understand domestic abuse and spot the signs at an early stage
- Empower victims to cope better, take back control and build confidence
- Save time and costs associated with performance management and capability procedures
- Ensure employees feel supported and understood
- Provide a toolkit to thrive after abuse and create a plan to move forward

Our Products & Services include:

Breakup & Divorce coaching

including Domestic Abuse support

- 1-1 private online video sessions
- Coaching from Accredited Breakup & Divorce Coach specialists
- Coaching for employees struggling with domestic abuse
- Tailored advice to individual employee
- Global network of Coaches to choose from
- Range of specialisms and expertise including heartbreak, domestic abuse and children
- Providing emotional support and practical tools to your employees
- Flexible session times in and outside of work hours

Heartbreak to Happiness

Online Breakup support groups

- Online support group sessions
- Learn coping tools from Accredited Coaches
- Instant support network
- 30+ hours of support every month
- Session times and dates available in and outside of work hours

Domestic Abuse support

- Breakup, Divorce & Domestic Abuse Awareness Accreditation for Corporates
- ‘How to spot the signs of abuse’ training for HR and Management
- ‘Safeguarding and signposting’ training for HR and Management
- 1-1 coaching support for employees
- Group coaching sessions for employees
- Domestic abuse trainings and workshops

We offer half day and whole day trainings.



Your Breakup, Divorce & Domestic Abuse packages

We offer 2 different packages to employers, ‘Coach’ and ‘Care.’ Each of these include different features and levels of employee support:

Package	Coach	Care
Dedicated hotline	✓	✓
30 minute Coach intro call for employees	✓	✓
Dedicated Account Manager	✓	✓
Employee Portal	✓	✓
Management Dashboard	✓	✓
Kick off session	✗	✓
Train management team to spot signs of abuse	✗	✓
Coaching hours in package	✓	✓
Employee access to Heartbreak to Happiness groups	✗	✓

Coaching hours and Heartbreak to Happiness Memberships can be tailored to your company size and requirements.

Sara Davison, aka The Divorce Coach

is a multi-award winning Coach, twice best-selling author, podcaster, coach trainer, patron of The Dash Charity and media commentator. Sara was a founding member of The Tatler High Net Worth Guide to Divorce and is a regular expert on TV and radio in the UK and the USA.

Sara has combined her 28 years of coaching with her own divorce experience to create a tool kit of techniques and strategies to help people transform their lives after a breakup and move forward.

Her globally recognised training school, The International Divorce Coach Centre of Excellence, has trained over 400 Coaches in 23 different countries and 5 continents.

Sara's personal mission is to help as many people as possible around the world to cope better with their breakups. The Coaches she works with in providing these support packages also share this passion and it shines through their coaching work.



For more information and to speak to a dedicated Account Manager, please contact:

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 **Sara Davison**
The Divorce Coach