



WAYSTONE

COACHING & MEDIATION

Helping parents navigate divorce & co-parenting

☰ Menu



You wake up and smile a bit as you begin stirring in bed. It's Christmas morning, and any minute the kids will be running into your bedroom to excitedly show you what Santa brought them.

Except, they won't. Your face drops as you remember. Your children are surely enjoying their Christmas morning, but they are not here, with you. You won't be able to get out of bed and watch the kids, still wearing their matching Christmas PJs, play with their new toys.



So instead, you roll back over, pull the covers over your head, and cry.

Being a divorced parent is difficult in the best of circumstances, but there's a unique sense of dread that comes when you are a divorced parent staring at the looming holiday calendars and knowing that you will be missing out on some of your child's most precious memories.

If the holidays don't feel like "the most wonderful time of the year" as you contemplate the upcoming season, you aren't alone. Normal holiday stress combined with the grief and loss of cherished memories and family traditions can feel like getting hit by a truck.

However, you CAN get through this and create new traditions for yourself and your kids. And you don't have to do it all on your own. The Holiday Survival Kit is designed to help divorced parents get through the holidays emotionally intact.

When you get the Holiday Survival Kit, you're going to have the tools to:

- Allow yourself and your kids to grieve the loss of old traditions, then create a plan to make new memories
- Respond to dreaded questions and unsolicited advice from friends and family members
- Manage your (and your kids') holiday schedule without burnout and while reducing opportunity for conflict with your ex
- Get out of bed every morning and face the day – even if you don't think you can face a holiday without your kids

Yes! I want the Divorced Parent's Holiday Survival Kit!

Who am I and why am I trying to tell you how to deal with your divorce?



Hi, I'm Whitney Hickerson, founder of Waystone Coaching and Mediation, where I help divorced parents create strong, supportive two-home families. I teach parents how to support their kids and co-parent effectively without losing sight of their own well-being.

A divorced parent myself, I've personally experienced that dawning realization on Christmas morning that my daughter won't be running into my room squealing with excitement to show me what Santa left for her.

My goal with each and every parent I work with is to equip them to be the best version of themselves so they are able to be the best parent possible for their kids.

There is *so much* happening during the holidays, and it's no wonder divorced parents find it overwhelming. In addition to normal holiday stress, you've got a hundred other thoughts weighing on you:

- Have I ruined the holidays for my kids by getting divorced? (And are the holidays ruined for me as well?)
- Where are my kids going to be on what days? When and where will the other parent and I pick them up and drop them off? Will that be too much back and forth for the kids?
- The holidays always mean more fighting with my ex about...everything.
- How am I going to survive waking up to an empty house on Christmas morning?
- Will my kids be heartbroken to find out that certain holiday traditions won't be happening any more?
- Am I a horrible parent because I can no longer afford the nice gifts my kids are used to receiving?
- I'm going to get a hundred different questions and all sorts of unhelpful advice from friends and family at every event.

Whew! That's a pretty heavy list, and it only begins to scratch the surface of what's probably

going through your head right now. If any of this hits home for you, know that you're not alone.

The holidays can be one of the most painful times of the year for divorced and separated parents. It's a painful reminder of the grief and loss both you and your kids are struggling to overcome.

I've created the Holiday Survival Kit for parents just like you who want to make the holiday season as happy and joyful for their kids as possible, even if you are not sure you can all the change and empty moments when your kids are not with you.

OK great, but what's in the Holiday Survival Kit?

I designed this as an "intensive care package" for divorced and separated parents, and it is packed with tools, resources, and support to get you through the coming weeks.

When you purchase the Holiday Survival Kit, here's what you'll get:



Three one-on-one coaching sessions with me

These sessions are an excellent opportunity to talk about the biggest struggles you are facing. You'll have a safe space to talk about your challenges, and we'll work together to map out a path through them.



Weekly Live Videos

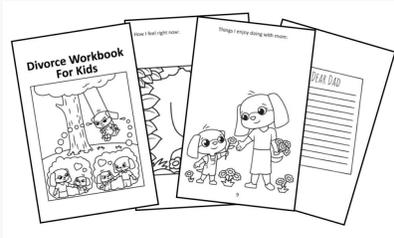
In these live videos, I'll dig in on overcoming some of the most challenging parts of the holiday season (plus you'll have the opportunity to ask questions and get help on what you are struggling with right then)



Help Your Kids Conquer Divorce online course

You'll have instant access to on-demand video lessons you can watch at home or on the go. You'll learn how to talk to your kids about divorce and how to connect with and support them during this difficult time.

PLUS – I'm throwing in these BONUS PDFs and printables:



Divorce Workbook for Kids

Kids don't always know how to express their feelings, especially when their parents are going through a divorce. With my free printable Divorce Workbook for Kids PDF, you can help your kids learn healthy ways to handle those big feelings.



Divorced Parents' Guide to Self Care

Self care is about more than bubble baths and coffee breaks. It's about nurturing your own mental and emotional well-being, because if you are falling apart inside are you really able to show up for your kids effectively?



Tips for Talking to Kids About Divorce

This PDF guide gives a few practical examples of things you might say to your kids during some of the tough conversations about divorce.

This Holiday Survival Kit is valued at more than \$500, but today I'm offering it

PLUS all the bonuses listed above for just \$297.

Get your Holiday Survival Kit now!

With the Holiday Survival Kit, you'll be able to:

- Use practical tips to get through even the most difficult of days
- Begin to heal and find joy in creating new holiday memories
- Confidently approach difficult conversations both with your kids and with well-intended (but nosy) family members
- Prove to yourself that you *can* survive this and create a beautiful post-divorce life for you and your kids (After all, once you get through the holidays, you'll know that you are stronger than you thought!)

People who bought the Holiday Survival Kit have asked...

What happens when I buy the kit?

Once you purchase the kit, you'll have instant, immediate access to the Help Your Kids Conquer Divorce on-demand program and all three PDF guides. You'll also receive an email with a link to schedule your first (or all three) one-on-one session as well as a schedule for the live video trainings and a link to where those videos will be.

Where will the one-on-one sessions take place?

I meet with clients from all over the United States right from the comfort of their homes via phone or video chat. As always, clients in Central Arkansas are invited to sit down with me in person in Conway, Arkansas.

When will my sessions be scheduled?

Once you get your Holiday Survival Kit, you'll receive an email with a link to my scheduling calendar. You'll have three sessions, and can schedule them as often or as infrequent as you like. Have a really awful, holiday week from hell coming up? You may end up using all three sessions in one week! Or, you may choose to schedule one per week or even one per month to help identify and remove your biggest roadblocks during this time.

What happens in a session?

Sessions typically last about 60 minutes and may take place either by phone, video chat, or in person. During our first session in particular, we'll talk about your particular situation, the biggest challenges you are facing, and make a plan to overcome those challenges and move forward. During subsequent sessions, we'll follow up on those items and continue to map out your vision for surviving the holidays (and life after divorce in general!) as well as address new issues or challenges that have come up since our last meeting.

These sessions are a space for encouragement, support, and making a plan for success. Your situation isn't the same as anyone else's, and you need individualized information and advice that is tailored to you.

What if I need more than three sessions?

If you use all three sessions included in the Holiday Survival Kit and want to continue working with me one-on-one, I will offer additional sessions and packages at a discounted rate!

I want to survive and thrive this holiday season!

Getting divorced sucks. Your entire life gets dumped upside down, and you're scrambling around trying to put everything together – all while trying to make sure your kids don't suffer more than necessary.

Few things have the ability to highlight the suckiness of divorce quite like the holiday season. It can be a stark reminder in all the ways your life has changed: your memories, your traditions, your finances, your sheer ability to be with your kids and soak in the joy of their most cherished moments. My Holiday Survival Kit is packed with resources, support and knowledge to get you

If *and your kids* through a difficult season in life so you can begin to heal, move forward and discover the holiday spirit once again.

Yes! I'm ready to take the suck out of the holidays for me and my kids!

P.S. – If you aren't sure if this is right for you or want to learn more about the type of help and support I provide, you can [schedule a free 30-minute call](#) or [send me an email](#). Let's talk!

