

HAYLEY SCOTT COACHING

Parenting Through Separation

The 12 Session Foundation Programme | Certified Parenting and Mindset Coach

FOR SEPARATED &
DIVORCING FAMILIES

INDIVIDUAL & JOINT
SESSIONS ONLINE

OPTION TO EXTEND BEYOND
12 SESSIONS

*“Children don’t need perfect parents.
They need present, regulated ones — across one home or two.”*

WHAT THIS PROGRAMME IS

A different kind of support

Parenting Through Separation is a parent coaching programme grounded in Attachment Theory, Nervous System Regulation and Nonviolent Communication.

Delivered alongside Rachel Jaysan's mediation process, where applicable. [Rachel Jaysan - Services](#)

It addresses the single greatest determinant of children's long-term wellbeing after separation: **How their parents show up.**

WHO IT IS FOR

You, if you recognise this

- ◆ You are separated or divorcing with children
- ◆ You want to move from conflict to a working co-parenting relationship
- ◆ You feel reactive, depleted, or at a loss for how to parent through this
- ◆ You know how you show up at home matters as much as any legal agreement
- ◆ You want support how to navigate and understand your children’s behaviours
- ◆ You are willing to do your own inner work

THE FOUNDATION

Three pillars — working from the inside out

Attachment Theory

Understanding the invisible threads binding you to your children — and how separation can sever or strengthen them. We work with attachment patterns, repair, and secure connection across two homes.

Nervous System Regulation

Separation activates the body's threat response. We build regulation capacity and create safety — for yourself and your children.

Nonviolent Communication

Observations, feelings, needs, requests. A shared language for co-parenting that reduces conflict and keeps the focus on your children's needs.

WHY THIS WORKS

Beyond behaviour-based approaches

Behavioural strategies are largely inaccessible when a parent is dysregulated — you cannot choose a co-parenting script when you are in fight mode. *You cannot respond with empathy when your nervous system perceives your co-parent as a threat.*

This programme works at three levels simultaneously: the nervous system, attachment patterns, and the conscious mind. The result is real change across each home - felt by children internally and reflected in their behaviours.

Behaviour-based approach	This approach
Teaches what to do	Builds the capacity to do it
Works when calm; fails under stress	Changes how stress is processed
Addresses symptoms of conflict	Addresses the roots of reactivity
Short-term compliance	Long-term change in relationship quality
Child's behaviour is the focus	Parent centric approach

Most parenting programmes — and most approaches to managing co-parenting conflict — work at the level of behaviour. They teach scripts, rules, boundaries, and strategies. These have value. But they have a ceiling.

*You cannot choose a script when you are in fight mode.
You cannot regulate your tone when your body is flooded.*

PROGRAMME STRUCTURE

12 Sessions across three phases (*Bespoke programs designed for each client*)

Individual Each parent separately		Joint Both parents together (where appropriate)
Session	Format	Focus (as a guide)
PHASE 1 — KNOW YOURSELF FIRST		
Session 1	Individual	Understanding your nervous system in crisis: fight, flight, freeze & fawn during separation. Building your personal regulation map based on your values.
Session 2	Individual	Attachment patterns: how your childhood history shows up in your parenting and co-parenting relationship. Breaking the cycle consciously.
Session 3	Individual	Triggers, projections & the stories we tell: separating what is happening from the meaning we assign to it. Includes emotional literacy and your limiting beliefs.
Session 4	Individual	Anger & grief as information: working with the emotional landscape of separation. Introduction to healthy boundaries.
PHASE 2 — SPEAK DIFFERENTLY		
Session 5	Joint	Nonviolent Communication fundamentals: observations, feelings, needs, requests. Learning a new shared language with your co-parent and children.
Session 6	Joint	How to talk with children about separation: age-appropriate, attachment-aware language that protects the parent-child relationship.
Session 7	Joint	Co-parenting communication protocols: low-conflict channels, scripts, structures, and what to do when it breaks down.
Session 8	Joint	Healthy aggression & Boundary-setting: Holding firm without losing connection. Protecting children without weaponising anger.
PHASE 3 — BUILD THE CONTAINER		
Session 9	Joint	Building the co-parenting partnership: agreements, values alignment and child-centred decision-making across two homes.
Session 10	Joint	Repair: reconnecting with children after rupture or absence. The neuroscience of repair and why it matters more than getting it right first time.
Session 11	Joint	Consistency, ritual & security: creating the structures that signal safety to children in transition. Routines and the language of home.
Session 12	Joint	Integration & continuation: consolidating your tools, identifying growth edges, and building your personalised ongoing co-parenting practice.

* Joint sessions offered where both parents are willing and Hayley assesses it clinically appropriate.

Individual sessions remain available throughout all phases. Option to extend with monthly continuation sessions.

WHAT PARENTS CAN GAIN

◆ A personal nervous system regulation map and tools for moments of crisis	◆ Understanding of your attachment patterns and how to break the cycle
◆ A shared communication language that reduces conflict between parents and with the children	◆ Age-appropriate tools for talking with your children about separation and to help them cope.
◆ Practical co-parenting protocols: scripts, structures and repair processes	◆ Healthy anger and boundary-setting skills - firm without losing connection
◆ Co-parenting agreement and values alignment framework to help the children feel secure	◆ The capacity to repair — with your children and co-parent — when it goes wrong

WHAT CLIENTS SAY

In their own words

"Hayley was a transformative parenting coach for me. She made me feel listened to, heard, and understood. She was able to see my blind spots and communicate them in ways that made me feel clear about my practical next steps."

— Dean L

"I began to shift out of old stories, shame and overwhelm, and instead move toward clarity, confidence, and connection. I am a more present, regulated and connected parent because of her wisdom. Her coaching has not only shifted my relationship with my children, but also my relationship with myself."

— Kate C

"She is warm, understanding and non-judgmental — an intelligent, wise practitioner with a holistic approach. Hayley values her clients' perspectives as much as her science-backed knowledge. She can hold space for you."

— Sandra H

"Her commitment, compassion, and wisdom are truly unmatched. Her coaching uniquely blends emotional awareness and regulation with practical, realistic strategies — helping me become more aligned, focused, and confident."

— Eliana G

THE PRACTICALITIES

Programme details

Format (as a guide)	12 weekly 1:1 coaching sessions (60 minutes each), delivered online via video call. Total 16 sessions.
Structure	Sessions 1–4 individual (each parent separately) · Sessions 5–12 joint (both parents together where appropriate)
Duration	One session per week – integration weeks where appropriate.
With mediation (option)	Designed to run in parallel with Rachel Jaysan's family mediation process — fully joined up – Where applicable
Between sessions	Reflection prompts, short practice exercises and optional reading to deepen the work
Extension	Monthly continuation sessions available after Session 12, tailored to your ongoing needs
To begin	Complimentary 30-minute discovery call - no pressure, no obligation

*Your children are learning from you -
Even if you think they don't notice. How you show up matters.*

Book your complimentary discovery call:

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