



Sara Davison

CERTIFIED DIVORCE &
BREAKUP COACH
BESTSELLING AUTHOR
LIFE AND BUSINESS COACH
NLP MASTER PRACTITIONER
QUALIFIED HYPNOTHERAPIST
MOTIVATIONAL SPEAKER
MEDIA COMMENTATOR

BIO

Sara Davison, best known as ‘The Divorce Coach’ is an award-winning authority on break-ups, divorce and life-empowerment. A twice bestselling author, Sara’s empathetic and holistic coaching style empowers individuals to take back control of their lives in every area and realise their full potential. She works with men and women around the world to redesign their lives just the way they want them and transform tough times into a future they are excited to live. As the best kept secret of society’s elite with a client list that spans actors, politicians and sportsmen, Sara is recommended by Tatler magazine as one of its ‘trusted network of influential A-List private client advisers, offering gold-standard guidance in Family Law’ in its prestigious High Net Worth Divorce Guide.

An NLP Master Practitioner and qualified hypnotherapist, Sara combines 20 years’ coaching experience together with her own personal experience of marriage breakdown to help clients cope with challenges including heartbreak, betrayal, conflict, confidence building, co-parenting, being effective in the workplace during divorce and dating again. Coaching is tailored to suit a client’s lifestyle needs, with options ranging from private coaching at Sara’s clinic, home visits and online

DIVORCE FAIR

2020

HEADLINE SPEAKER



SPEECH TITLE

How to survive and thrive Breakup and Divorce &
How to become a Breakup and Divorce Coach.

SPEAKING TIMES

Thursday: 12.30 - 13.30

Friday: 11.00 - 12.00

Saturday: 12.30 - 13.30



SARADAVISON
THE DIVORCE COACH

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SOCIAL MEDIA LINKS



WEBSITE LINK

www.saradavison.com

video courses to the immersive group environment on her highly acclaimed Breakup Recovery Retreats.

Sara is widely recognised for her work on revolutionising the way we view and navigate breakups, one of life's most traumatic events. Her quest is to banish the stigma surrounding divorce and prove that the end of a relationship can be an empowering, life-affirming event.

The last year has seen the continued expansion of Sara's thriving global business and brand. In February 2019, Sara scooped 'The Best Self-Development Coach' award at the prestigious The Best You Expo. January 2019 marked the launch of Sara's latest best-selling book, 'The Split: From Breakup to Breakthrough in 30 days or less' in both the UK and the US. This arrives hot on the heels of her bestseller, 'Uncoupling' which was published in 2016. Sara launched the UK's first ever Break-Up Recovery Retreat in 2016, dubbed as 'Heartbreak Hotel' to help men and women cope better with any kind of breakup. Based in East Sussex, the immersive two-day workshop, which launched with rave reviews across national media, takes small intimate groups on a journey of rediscovery and they leave with a tool kit of coping strategies, a bespoke action plan and a renewed sense of self. Such was the impact of Sara's Breakup Recovery Retreats that the concept was also commissioned for a TV show, "Heartbreak Hotel", which broadcast as a pilot on TV3 in Ireland in a prime-time slot.

Sara's empathetic and holistic approach has cornered a gap in the marketplace and helped thousands of people across the world rebuild their lives for the better. In summer 2018, Sara launched an all-new Breakup & Divorce Coach Practitioner Accreditation Programme, a training programme for those interested in becoming a coach as well as existing coaches who want to take their business to the next level. Sara equips delegates with the same tools, techniques and strategies she acquired when training with the most revered experts in the field of personal development including Anthony Robbins, Paul McKenna, Richard Bandler, Michael Neill and the Barefoot Doctor.

In summer 2018, Sara joined forces with The Dash Charity as their new charity patron and works together with the Berkshire based charity to support their vital lifesaving work with victims of domestic abuse across the community. At government level, Sara has recently been invited to consult for the Ministry of Justice to review and discuss the reform of current UK' divorce laws and will help shape the proposals they take forward.

As the recognised authority in the field of transforming your life after a breakup, Sara is a regular media commentator and frequently features on TV and radio programmes such as ITV's This Morning, BBC Two's Victoria Derbyshire, BBC Radio London, BBC Radio 5 Live, BBC Radio 4 'Woman's Hour', as well as contributing regularly to print and digital publications including Daily Mail, Stylist Magazine and Daily Express. Sara has recently been commissioned as Top Sante magazine's regular expert. As a certified motivational speaker, Sara spoke at the 'Best You LA Expo' in March 2018 and is set to headline at London's inaugural The Divorce Fair in February 2020. Sara will also once again be speaking at the 'Best You LA Expo' in 2020.

Sara Davison works with clients from all over the world at all stages of their break-up journeys, from the first tremors of doubt through to twenty years post break-up when people can still be trapped in destructive cyclical patterns. The format of her coaching programmes vary to suit the needs of the individual including confidence building, conflict resolution, designing your ideal partner, identifying your communication styles, body language and emotional control techniques. From one-on-one private coaching and exclusive mentoring to the immersive group environment of a workshop on the Break-Up Recovery Retreats and also her Break-Up Breakthrough online video coaching programme, which can be completed at home. Full details can be found at www.saradavson.com

With the Chamber of Commerce estimating an annual cost of £46 billion to UK taxpayers because of family breakdown, British businesses suffer enormously as a result of separation and divorce. A 2014 survey by polling company Com Res found that only 10% of employees felt their employer offered adequate support during these circumstances. Sara Davison also extends her coaching to the workplace and offers bespoke corporate break-up coaching and training for HR staff so they are better equipped to manage and support employees going through separation or divorce and minimise damage to the business. This also extends to Business Owners, Directors and Managers who are struggling to cope with the ripple effect of a personal breakup whilst having to motivate and lead their workforce.

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