



# Tosh Brittan

RECONNECTION  
COACH &  
DIVORCE MENTOR  
FOUNDER OF  
DIVORCE GODDESS



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[www.toshbrittan.com](http://www.toshbrittan.com)

## SPEECH TITLE

Change Your Mind, Change Your Divorce

## SPEAKING TIMES

Thursday: 15.30 - 16.00

Friday: 10.30 - 11.00

Saturday: 16.30 - 17.00

## Q & A TIMES

Thursday: n/a

Friday: 12.45 - 13.15

Saturday: n/a

## BIO

Tosh Brittan is a leading coach specialising in transforming the divorce and separation experience through the use of mindfulness. Tosh Brittan is founder and Director of Divorce Goddess with over 15 years' experience in both practising and teaching mindfulness. As a Reconnection and Divorce Coach she is passionate about integrating mindfulness into work of professionals who work with separating and divorcing couples. An inspirational speaker, she runs training workshops and bespoke training packages as well as offering one to one sessions to their clients, reducing anxiety, overwhelm and conflict in families going through this process. She hosts the Divorce Goddess Podcast and she has been featured in The Sunday Times and Weekend FT as well as working with BBC, ITV and Sky amongst others.