

Sandy Miller of Revolutionizing Divorce to be Featured on Close-Up Talk Radio

EDMONTON, ALBERTA, CANADA, September 19, 2014 /EINPresswire.com/ -- There's a grief process that accompanies [divorce](#). You're not only grieving the loss of your relationship, but also the person you were and the hope for the life you'd planned together.

But sometimes we need something to rock our world in order to grow. According to professional life coach Sandy Miller, divorce can be a catalyst toward a revolution of self.

"In the beginning of divorce it's devastating," says Sandy. "You feel overwhelmed. But you can start again. You can create a new normal."

Five years ago, Sandy went through her own transformational journey of divorce. Today, Sandy is the founder of [Revolutionizing Divorce](#), a coaching practice dedicated to helping people understand the components of divorce and navigate their way through one of the most dramatic experiences of their lives.

"I compare it to going through a tunnel with a little headlight on your head," says Sandy. "You can't see much but you know you're eventually going to get through it. That's the role of the coach. I have their best interests at heart and I help them break down the process into tiny manageable steps so it's not overwhelming to them."

Sandy says her whole outlook on life is you either become "bitter or better." The process of navigating your way through divorce can be broken down into three distinct phases: resolve, reclaim and rebuild. Each of these phases represents the three modules of Revolutionizing Divorce's support group program.



**Revolutionizing
Divorce** 
Resolve • Reclaim • Rebuild

"To resolve is to understand that no amount of work is going to save the relationship. We can't move on to the next phase

are your strengths? What have you always wanted to do? You find your own voice and your power. To rebuild is to feel a shift within yourself to finally create the life you want to live.”

“To trust people after divorce can be incredibly difficult,” says Sandy. “That’s why the relationship with the coach is built on trust. I champion my clients. I hold them accountable. And I will speak to the hard issues.”

Close-Up Talk Radio will feature Sandy Miller in an interview with Doug Llewelyn on September 23rd at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Revolutionizing Divorce, visit <http://www.revolutionizingdivorce.com/>

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