

THE DIVORCE AND BEYOND PODCAST EXPLORES GROUNDBREAKING CO-PARENTING SOLUTIONS WITH TRINA NUDDSON

"The Business of Co-Parenting: How Neuroscience and Mindset Coaching Are Transforming Conflict into Collaboration" Launches Monday, January 27th

CHICAGO, IL, UNITED STATES, January 27, 2025 /EINPresswire.com/ -- The [Divorce & Beyond](#) Podcast, one of the top-ranked self-help podcasts worldwide, is closing out its celebrated Divorce Month series with an extraordinary episode featuring [Trina Nudson](#), founder of THE LAYNE PROJECT and creator of the innovative [BeH2O™](#) program. The episode, titled "The Business of Co-Parenting: How Neuroscience and Mindset Coaching Are Transforming Conflict into Collaboration," offers a fresh perspective on co-parenting, blending cutting-edge neuroscience, business leadership principles, and mindset coaching to help parents navigate the challenges of raising children after divorce.

Host Susan Guthrie, nationally recognized as one of the leading voices in family law and divorce mediation, brings her expertise to this candid and enlightening conversation. Trina's BeH2O™ program introduces a groundbreaking approach to co-parenting that encourages parents to think of their co-parent relationship as a business, prioritizing boundaries, accountability, and collaboration for the benefit of their children.

"Co-parenting doesn't have to be a battlefield," says Trina Nudson. "With the right mindset and



The Business of Co-Parenting: How Neuroscience and Mindset Coaching Are Transforming Conflict into Collaboration" with Trina Nudson on Divorce and Beyond

tools, parents can transform conflict into collaboration, modeling positive values and creating healthier dynamics for their families.”

This episode delivers practical tools and inspirational insights for parents at every stage of the co-parenting journey, including:
How neuroscience and mindset shifts can reframe co-parenting dynamics.

The benefits of treating co-parenting like a business, with clear roles, boundaries, and goals.
Actionable strategies to manage high-conflict situations and remain grounded.

About Trina Nudson and BeH2O™

Trina Nudson is a visionary leader in family advocacy, combining neuroscience, mindset coaching, and business principles to empower co-parents through her BeH2O™ program. A certified coach, lifelong learner, and dedicated child advocate, Trina also owns My Child Advocate, PA, where she gives children a voice in the courtroom. Her work reflects her passion for safeguarding childhoods and inspiring meaningful change for families.

“

Co-parenting doesn't have to be a battlefield. With the right mindset and tools, parents can transform conflict into collaboration.”

Trina Nudson

The BeH2O™ program is designed for co-parents and aspiring coaches alike, offering tools to embrace accountability, foster resilience, and transform conflict into productive collaboration. For more information, visit BeH2OCoparenting.com or BeH2OCoaching.com.

About the Divorce & Beyond Podcast

Hosted by Susan Guthrie, Esq., Divorce & Beyond is a leading podcast that provides practical advice, emotional support, and expert insights for navigating the challenges of divorce and building a brighter future. With millions of streams and a place in the top 1% of all podcasts worldwide, the show has become a trusted resource for listeners worldwide.

To listen to this episode and explore the entire Divorce Month series, visit



divorceandbeyondpod.com or find Divorce & Beyond on your favorite podcast platform.

Susan Guthrie Duncan

Susan E Guthrie LLC

+1 203-856-8371

[email us here](#)

Visit us on social media:

[Instagram](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/780029614>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.