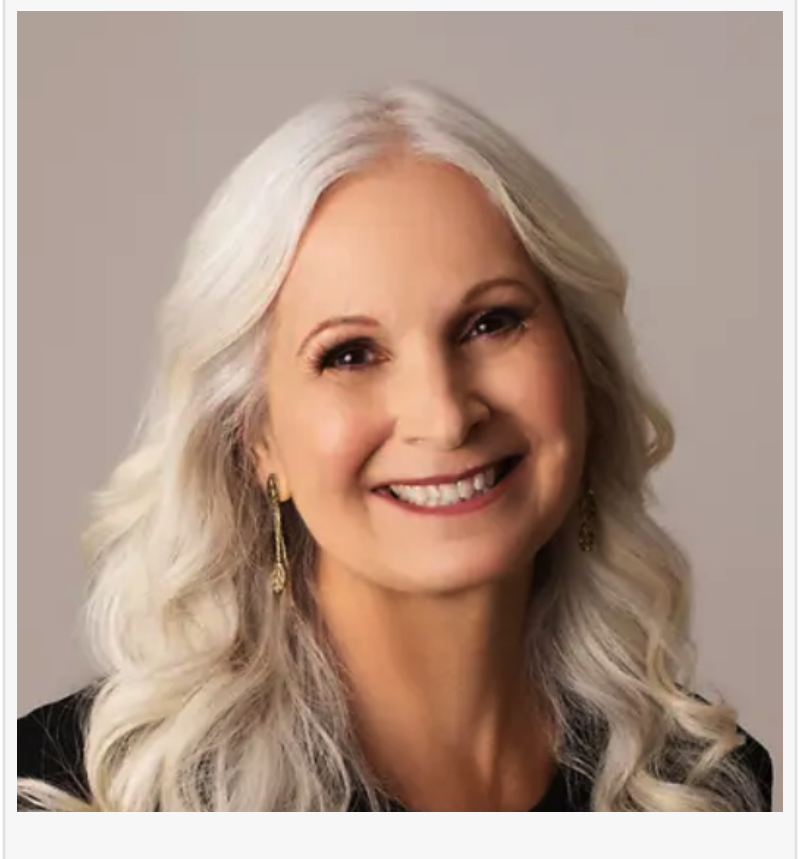


Influential Women Spotlights Joyce Ayers: Empowering Women To Reclaim Identity And Purpose Through Divorce Coaching

AUSTIN, TX, UNITED STATES, July 6, 2026 /EINPresswire.com/ -- Heart-Centered Divorce Strategist and Conscious Uncoupling Expert Redefines Healing and Reinvention After Separation

Joyce Ayers, a Heart-Centered Divorce Strategist, Certified Conscious Uncoupling Coach, and Master NLP & Hypnosis Practitioner, is transforming the way professional women navigate divorce and life transitions. With more than a decade of experience guiding women through profound personal change, Joyce has built a practice centered on emotional healing, identity reconstruction, and empowered reinvention.



Specializing in supporting high-achieving women who have built successful careers yet find themselves emotionally unmoored during or after divorce, Joyce brings a deeply integrative and compassionate approach to her work. Her mission is to help clients reconnect with their authentic selves, release limiting beliefs, and step into a life aligned with clarity, confidence, and purpose.

Through her signature programs, immersive workshops, and transformational retreats, Joyce blends emotional healing modalities with subconscious re-patterning techniques and embodiment practices. Her work is designed to address not only the emotional impact of divorce but also the underlying identity shifts that often accompany major life transitions.

Joyce's journey into transformational coaching began during a pivotal period in her own life. After her daughters left for college and she and her spouse sold their business, she found herself facing a profound question: what comes next? Having spent decades supporting others'

goals and building a shared life, she began to reevaluate her own identity and desires.

This period of reflection led Joyce to recognize that her lifelong study of psychology, relationships, and personal development was not only a passion but a calling. Over the next 12 years, she immersed herself in extensive training, becoming a yoga instructor, Reiki master, Thai massage therapist, NLP practitioner, hypnosis practitioner, and embodiment facilitator.

Her personal experience with divorce became a catalyst for deeper transformation. Rather than viewing it solely as a life disruption, Joyce used it as an opportunity for healing, self-inquiry, and reinvention. This lived experience now forms a cornerstone of her coaching philosophy, allowing her to guide clients with both professional expertise and personal understanding.

As the founder of Create Your Life After Divorce and the ReWilding After Divorce program, Joyce works with women at every stage of the separation process—whether they are questioning their relationship, actively navigating divorce, or rebuilding their lives afterward. Her approach emphasizes emotional regulation, resilience-building, and vision-driven planning to help clients design their next chapter with intention.

At the heart of her methodology is the belief that transformation begins with ownership. Joyce encourages women to examine not only what happened to them, but how they participated in their life experiences. This shift away from blame and toward responsibility creates the foundation for sustainable change and emotional freedom.

A defining moment in Joyce's own evolution came during her participation in the Conscious Uncoupling process. Through this work, she began to identify patterns of self-abandonment and over-sacrifice that had shaped her relationships. By reframing her divorce as an opportunity for growth rather than loss, she began rebuilding her identity on a more grounded and conscious foundation.

As her healing deepened, Joyce experienced a significant shift in her relationship with herself. She developed stronger boundaries, greater emotional awareness, and a more consistent internal voice. Learning to say no without guilt and to prioritize her own well-being became essential aspects of her personal transformation.

This internal evolution also enhanced her ability to support others. By becoming more attuned to her own emotional and physical experience, Joyce developed a heightened sensitivity to the needs of her clients. She teaches women how to listen to their bodies, understand their emotional patterns, and cultivate self-trust during uncertain times.

Joyce's philosophy extends beyond individual coaching sessions. She is committed to challenging the cultural stigma surrounding divorce and reshaping the narrative around separation. In her view, many individuals are left unsupported emotionally during divorce, with systems often prioritizing legal logistics over psychological healing.

Her programs are designed not only to support healing but also to foster long-term transformation. Clients are guided through processes that help them uncover meaning in their experiences, release shame and guilt, and recognize the growth that emerges from even the most challenging life transitions.

At the core of Joyce's teachings are authenticity, emotional freedom, and personal responsibility. She emphasizes the importance of living in alignment with one's values and communicating needs clearly and compassionately. These principles extend beyond her coaching practice and into her personal life, where she models healthy post-divorce family dynamics grounded in respect and care.

Joyce also speaks passionately about influence and leadership, particularly for women navigating major life transitions. She believes that true influence comes from embodied experience and the willingness to use one's journey to uplift others. Her message to women is direct and empowering: take action, even when it feels uncertain, and trust in the process of becoming.

Through her work, Joyce Ayers continues to redefine what it means to move through divorce—not as an ending, but as an invitation to rediscover identity, reclaim personal power, and create a life of deeper alignment and fulfillment.

Learn More about Joyce Ayers:

Through her Influential Women profile, <https://influentialwomen.com/connect/joyce-ayers> or through her website, <https://createyourlifeafterdivorce.com/>

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