

Trey Yates, The Guide to Good DivorceSM Seminars, Updated 1/5/24

Hi, my name is Trey Yates. I'm a family law attorney here in the Greater Houston Metropolitan Area, and as I tell my clients, I've been getting divorced every day of my life for the past 40 years. And through my own journey as a family law practitioner, I've had the opportunity to meet several women going through this transition we call divorce.

And so, I want to say, about 13 years ago, I looked at the landscape and I said, "I need to put together an educational program for women going through divorce that would expose them to different areas to think about that might help them better navigate through this transition we call divorce." And so, I came up with a program called The Guide to Good DivorceSM and we've been doing that every year for the past 14 years. We hold them at the Houstonian throughout any given year and at a seminar we gather on a Saturday morning with other like-minded women and you have the opportunity to listen and learn from experts in their field. And I organize the seminar around five basic keys that will help you transition to a better life.

Number one: you've got to acquire legal knowledge. A divorce is a legal proceeding and it can be very, very complicated, so you need to hear from those that practice family law at the top of their game.

Number two: get financial information and advice. Critically important to know what you have as assets and any tax consequences that may incur by the division of those assets.

Number three: we want to talk about gaining new life skills. What do I mean by that? Well, that could be employment coaching. It could be about how to get back out there and date again. It could be about going back to the workforce, going back to school, a whole myriad of options in terms of gaining new life skills.

Number four: practicing wellness, because it's a very, very stressful time for those of you going through the divorce process. So we talk a little bit about how exercise or diet or

mental health can be very important. We've had psychologists, we've had ministers, we've had life coaches, give some tips to the ladies in attendance about how to practice wellness to take better care of themselves.

And finally: making new community. And that's why we hold these seminars in person in a very safe and protected room there at the Houstonian, where you will have an opportunity not only to learn from experts there, but also to share your own story amongst like-minded women.

And so, we would invite you, if you're interested, to go to our website at [The Guide to Good DivorceSM](#) and check out the information we have there. There's a lot of good resource material, and it will explain to you in greater detail what the seminar will look like.

And so we hope that we will see you there in the new year.