



FREE Strategy Call



As a Foundations Family Law client, you're invited to a complimentary 60-minute private coaching session designed to support you at the beginning of this process. A private, supportive space to pause, exhale, and find your footing, this session is intentionally designed to slow things down so you can move forward from a place of steadiness rather than survival.

DURING THIS CALL WE WILL...

- ✓ Create an initial roadmap that reflects where you are and what matters most to you
- ✓ Explore what you want, what you need, and what feels aligned for your next steps
- ✓ Help you feel more grounded, resourced, and supported as you move forward

YOU'LL LEAVE FEELING...

- ★ Calmer in your body
- ★ More connected to yourself and your direction
- ★ Better equipped to move forward with confidence and intention

[Book a discovery call with FFL to unlock this perk](#)

LISA | HAPP
divorce & narcissistic abuse coach