

# Family Separation

Helping you through a difficult time.



# Overview

- ✓ The family law process and your entitlements.
- ✓ How to re-build your financial position and be prepared for separation; and
- ✓ How to manage stress and receive guidance during emotionally turbulent times.

## Jacqueline Brown – Lynn and Brown Lawyers

*Jacqueline is one of the directors of Lynn & Brown. She trained in collaborative law and mediation, and is a member of the International Academy of Collaborative Professionals and the Australian Institute of Family Law Arbitrators and Mediators, as well as a Notary Public.*



# “What to do before going to court”

- ✓ What are Pre-Action Procedures?
- ✓ Who do they apply to?
- ✓ How do you complete the Pre-Action Procedures?



# Children's Matters

- ✓ What is in dispute?
- ✓ What will the Court consider?
- ✓ How does the Court make a decision?



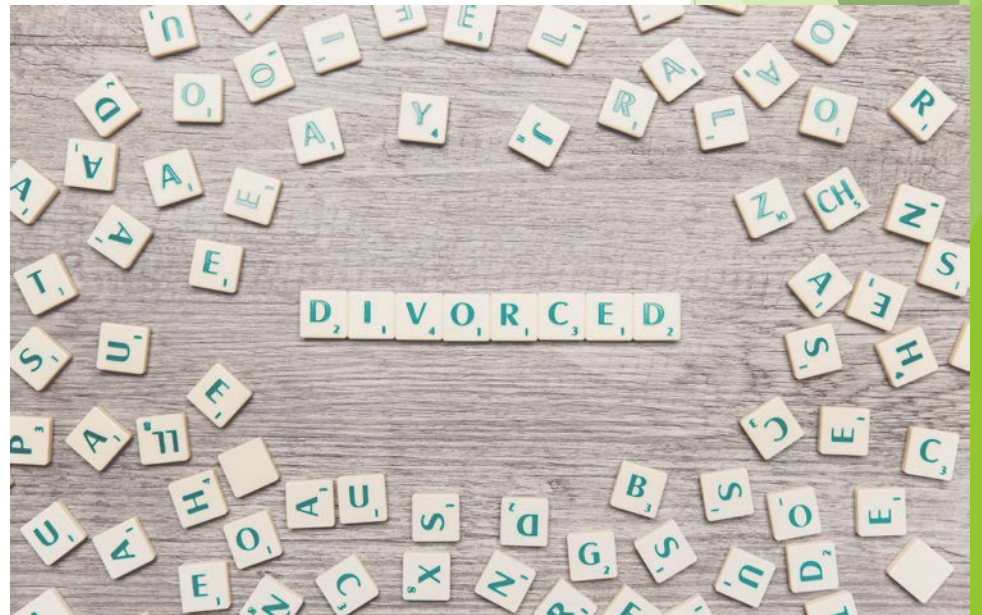
# Property Settlement

- ✓ What is a property settlement?
- ✓ What are the options to resolve financial matters?
- ✓ The steps used to complete a property settlement.



# Divorce

- ✓ What is a divorce?
- ✓ Divorce time limits.
- ✓ Separated but living in the same house.
- ✓ Divorce when children are under the age of 18.
- ✓ What if you were married overseas?



## Birgitt Patenall – Your Midlife Coach

*As a counsellor and life coach I can support you to work through this difficult time and move forward with purpose and direction.*



**BIRGIT PATENALL**

your *midlife* coach



ONE STEP AT A TIME



01

Focus on what is in your control

02

Get enough information

03

Deal with the most important things first

04

Break tasks into smaller bits so they are manageable

# Flood of feelings

- ✓ Confusing and painful emotions
- ✓ Accept and allow all feelings
- ✓ Talk, share your feelings
- ✓ See your GP to get assistance if you can't cope



# Self care

- ✓ Prioritise sleep, healthy eating and exercise
- ✓ Ask for support from friends and family
- ✓ Practise self-compassion – you're going through a tough experience!
- ✓ Acknowledge how far you've come
- ✓ Look after yourself first!



# Moving On

- ✓ Some form of relationship with your ex-partner might be necessary
- ✓ Don't hold on to the past
- ✓ Learn from what happened to create the next phase of your life
- ✓ Keep yourself open for new relationships

# You're not alone

- ✓ Support group for women – every second Thursday
- ✓ One on One counselling – supporting you through the process



## Karen McDowell – Rebuild Finance

*Financial assistance to help you REBUILD your life following a Life Event such as Divorce or Bereavement.*



# What to take with you when you separate?

- ✓ First thing to do – change all your passwords on bank accounts, email, social media etc..
- ✓ Grab your passport, Medicare card, Drivers Licence, Health Insurance Card, Birth Certificate for you and your children if applicable.
- ✓ Find your Will
- ✓ 12 Months Statements – all bank accounts, credit cards, mortgages, personal loans, store cards
- ✓ Check your accounts regularly
- ✓ Copies of all Lease or HP agreements for motor vehicles/equipment

# What to take with you when you separate? (Part 2)

- ✓ All lease agreements for rental properties
- ✓ Super statements for both you and your partner
- ✓ Life Insurance Policies, Income Protection, TPD, Trauma Cover, etc.
- ✓ House, Car and any other Insurances
- ✓ Last three months payslips for both you and your former spouse if applicable
- ✓ Copy of last two tax returns/assessments for both of you



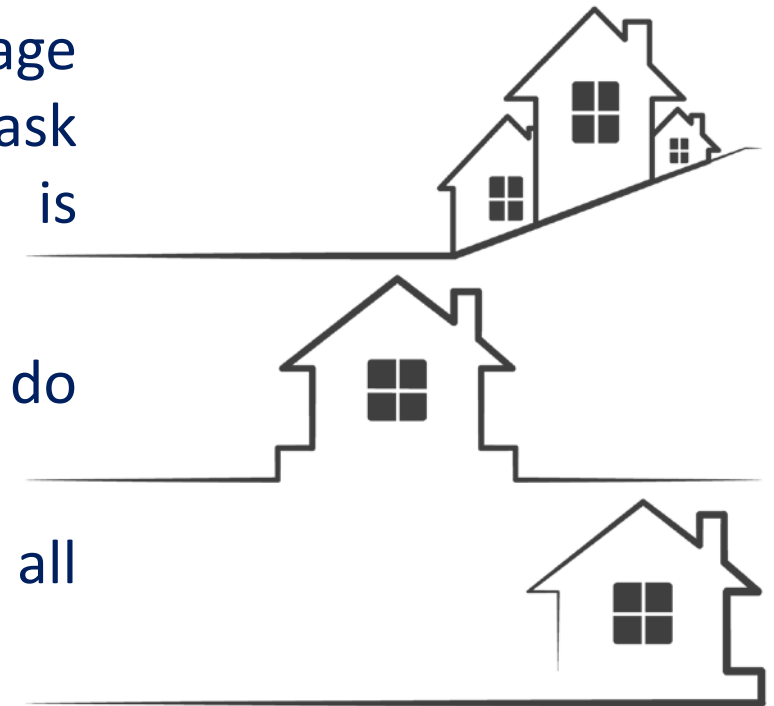
# What to take with you when you separate? (Part 3)

- ✓ If there is a company involved, you will need a copy of the last two years financials
- ✓ Copy of Trust Deeds if applicable
- ✓ Copy of land rates, water rates, gas, electricity and telephone/internet



# Things to Consider During Property Settlement Negotiations:

- ✓ Consider whether to lodge a caveat on any properties in joint names.
- ✓ If you believe there will be difficulty meeting mortgage payments, let the bank know you have separated (ask about Interest only payments until the matter is resolved).
- ✓ Try not to go into arrears with your mortgage and do not skip credit card payments.
- ✓ Very important to keep the Lender informed at all times, don't put your head in the sand.



# Moving Forward

You will need the following documents when looking to either “buy out” your former spouse or purchase a new property:

- ✓ Passport and Drivers Licence
- ✓ Bank Account Statements
- ✓ Credit Card Statements
- ✓ Latest Tax Assessment
- ✓ Letter or contact details of Employer so confirmation of employment can be obtained
- ✓ Last three payslips
- ✓ Family Court Consent Orders
- ✓ Offer & Acceptance – if buying a new property

# Conclusion

- ✓ The legal process around separation
- ✓ Financial advice and tips
- ✓ Managing your well being during this tough process.



# Questions & Discussion



Thank  
you



BIRGIT PATENALL  
your *midlife* coach

[www.lynnandbrown.com.au/seminars](http://www.lynnandbrown.com.au/seminars)