

Brilliantly
Resilient®

in
DIVORCE



with Kristin Smedley & Mary Fran Bontempo
Featuring Susan Eckstein & Shiobhan Olivero



WORK(ish) BOOK

Hey There! **WELCOME!**



The Beginning of the End

Everyone wants to believe in the fairy tale happily-ever-after ending. But sometimes, happily-ever-after is just that—a fairy tale. Marriages can end, and few life events prove more challenging than divorce, even if the divorce is “amicable.”

But there are ways to navigate divorce to transform the ending into a new beginning. It’s not easy, but it is possible. By uncovering inherent Resilience and eventually discovering personal Brilliance, divorce, while never easy or pleasant, can lead to positive transformation and new life as you Reset, Rise and Reveal your Brilliance.

This Masterclass will:

- Show you that you aren’t alone.
- Provide specific tools and strategies to begin a new journey.
- Give you confidence to make challenging decisions and changes.
- Give you hope for your future in divorce.
- Connect you with experts who can offer additional resources.

Watch the Brilliantly Resilient in Divorce Masterclass and answer the questions in this “work-ish book” (Do you really need to work hard after a divorce? Please.) honestly and thoughtfully. As our guests and experts, Susan Eckstein, Shiobhan Olivera and our own Kristin Smedley share their experiences, thoughts and practical strategies, you’ll not only see light at the end of the tunnel, you’ll come away equipped with tools to help you through. And if you still need help, be sure to check out Susan and Shiobhan’s contact info for additional resources to help you come out of divorce Brilliant, not broken.



The Reset

Insights from our experts:



Susan Eckstein:

“By aligning with my values, I was able to make the best decision for my sons and allow them to live with their father, eventually putting aside external judgement. (It wasn’t easy!) I realized I can take some control; I’m not going to be a victim and I can choose to believe something different about this.”



Shiobhan Olivero

“I had to recognize that acknowledging my own needs was the best way to serve my son’s needs. He deserved to have a happy mother. Divorce is not failure, especially if your situation is not healthy for anyone.”



Kristin Smedley

“I had to work through the Brilliantly Resilient process again and again—and still do—to stay centered and make the best decisions for me and my kids.”



Think About It:

1. In the Brilliantly Resilient program, we talk about the Reset as the sucker punch or train wreck. Divorce can feel like both. However, when we get knocked down, we have an opportunity to get back to the basics that make us who we are. When we use our inherent Resilience and clarify our values—what’s truly important to us—we can build an authentic foundation to redefine and reset our lives. So, it’s time to decide. What’s truly important to you? On the lines below, list at least five core values that are non-negotiable in your life. (Examples: integrity, honesty, kindness, compassion, etc.)

2. Every experience is colored by our perception of it, usually based on how that experience affects our lives. Sometimes that perception serves us; sometimes it doesn’t. Think about your divorce and your perception of it as a whole. Think also about the specific challenges of your divorce and how you see/react to them. On the lines below, write down how you “see” your divorce. Then look at your answer and write down how you might change your perception to let go of a negative mindset and implement positive thoughts/reactions to move forward.

3. Wouldn’t life be grand if we could make the ugly go away? Well sure, but we can’t. What we can do is examine our challenges and determine what is in our control. What can we actually change? Think about the greatest challenges your divorce presents. What upsets you most? What makes you afraid or sad? Now think about what you can actually control for each situation and write it on the lines below.



The Rise

Insights from our experts:



Susan Eckstein:

"When my son asked, 'Mommy why are you always so sad?' I realized I can continue to be sad or I can do SOMETHING to pull myself out of this.... I get to create the life I want for my kids. We all get to choose."



Shiobhan Olivero:

"Put up your hand. There are people out there who can relate to your story. This can be a time of discovery."



Kristin Smedley:

"Try something new to completely redirect your mind. You will also increase your tribe."



Think About It:

1. The Rise is all about action. While the Reset starts with the sucker punch, the Rise starts with a decision. So, answer this: Are you just visiting (this challenge, place of yuck, misery) or are you going to live there? Until you make the conscious decision that your current circumstances, including your fear, unhappiness, lack of confidence, etc., are only temporary, you're stuck. On the lines below, write your answer as a decision, as in, "I am just visiting this place of fear...I will not live here or let this define the rest of my life."

2. In Brilliantly Resilient, the Rise considers your resources, skills and talents. Each element plays a role in creating an action step (remember, we're talking one step to start!). On the lines below, list your resources, skills, talents. What do you already have within you that has helped you with past "wins?" For example: curiosity, determination, problem solving, patience, etc. List how each may help you navigate life in and after divorce.



Think About It:

3. Since no person is an island, we need our tribe. Yet, it's not always those closest to us who are the best at seeing us in a new light. On the lines below, make a list of your tribe members. Start with those who are your "ride or die" supporters. Then think outside of your immediate circle and list at least five others who might help you take a step forward and how they might do so. (Consider work associates, social contacts, acquaintances—but be sure of their integrity, here!)

4. Okay, it's time to decide on your action step. On the lines below, write down one action step you will take to begin your Rise after divorce. Commit to a date by which you will act. REMEMBER, DO NOT BE MARRIED TO OUTCOMES!



Reveal Your Brilliance

Insights from our experts:



Susan Eckstein:

“Have the courage to think differently. As your roles change, you need to redefine what they mean to you in living your best life within your situation. Find the Brilliance within yourself regardless of what anyone else says. It’s a great time to design a life that you want to live.”



Shiobhan Olivero:

“Take a breath and respond instead of reacting to situations. Ask yourself: What do you want to be? Who do you want to be when you’re at your best self? Pick three people you look up to and write down what you admire in them and how you can emulate it.”



Kristin Smedley:

“Create new memories. Go new places, tweak old traditions, trust in the resilience of your kids. As you change your mindset and you grow, they grow right along with you.”



Think About It:

1. Just like Resilience, your Brilliance is in you. And while it's hard to imagine discovering your personal Brilliance during a painful experience, that's often when your Brilliance begins to show itself—through transferrable skills, new collaborations, and remembering those times when you felt most like yourself, nurturing that feeling and creating experiences that bring you back to who you truly are.

On the lines below, write down the times when you felt most like yourself and were at your happiest. How can you incorporate that into your life now?

2. Let's go back to your action step. Take a moment and think about how you will feel if your action step doesn't bring the result you want. How can you reframe the situation, stop negative thoughts, and change direction, using your Brilliance, to move forward in another way?

(Remember: DO NOT BE MARRIED TO OUTCOMES!)



Think About It:

3. Think about something you've always wanted to do. What action step can you initiate to begin a journey towards that goal? Who can you ask for help, or add to your tribe to move you forward?

4. Finally, think about everything you've learned so far. Knowing that growing through divorce is still a process, remember that growth is indeed possible!

On the lines below, create a personal mantra you can repeat in times of stress to keep your focus positive as you continue your journey to be Brilliantly Resilient in divorce. Commit it to memory and repeat often!

Thank you for joining us for How to be Brilliantly Resilient in Divorce.

We're so grateful to Susan Eckstein and Shiobhan Olivera and our own Kristin Smedley for sharing their time and wisdom. Divorce is a painful sucker punch. But it doesn't have to be the defining story of your life. With consistent effort, support, and self-care, you can Reset, Rise and Reveal your Brilliance through divorce and beyond!

And remember, you're not alone! Read on for brief bios of our Brilliantly Resilient experts and check out their websites for additional resources. These ladies know their stuff and are happy to share their tools, tips, and strategies with you.

Congrats on being Brilliantly Resilient!

XO,

Kristin & Mary Fran

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EVEN MORE RESOURCES TO UNCOVER THE FACT THAT YOU ARE



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Meet Our Presenters



Susan Eckstein is an empowerment expert, coach and speaker working with women ready to break the chains of conformity. Susan's brave choice to have her sons live with her ex-husband subjected her to judgment and shame in addition to the challenge of the divorce itself. Now Susan works with women to overcome stigma and judgement as they make positive changes to create fulfilling, productive lives in divorce and beyond. Find her at: <https://www.thesusaneckstein.com>.



Shiobhan Olivero is a divorce attorney, certified divorce coach and empowerment speaker. After marrying young and having her son, Shiobhan realized her child needed to see her living a happy life, deciding to end her marriage and pursue her dream of going to law school. She graduated law school as a single mother, building a law practice in family law and becoming a speaker and mentor for women struggling with divorce. Find Shiobhan at: <https://www.oliverolaw.com>.



Kristin Smedley is a 2x Best Selling Author, TEDx Speaker, CEO and Creator of the Thriving Blind Movement. With two of her three children born blind, Kristin was thrown into a mother's nightmare with her dreams for her sons' futures torn apart. Determined that her boys would become productive, vital individuals, Kristin dove headfirst into uncharted waters to equip her sons with the skills and tools they needed to build successful, happy lives. Kristin partnered with Comcast to encourage and promote equipment for the visually impaired, testified before the FDA, achieved legislation for better services for the blind, founded a non-profit for genetic disease research, delivered a TEDx talk and wrote the best selling books, *Thriving Blind* and *Brilliantly Resilient* (co-author). Find her at: www.kristinsmedley.com.



Mary Fran Bontempo is an award-winning 2-time TEDx speaker, author, humorist, and podcast host who teaches audiences to uncover their brilliance and resilience 15 minutes at a time. A sought-after presenter, Mary Fran is author of *The 15 Minute Master*, *The Woman's Book of Dirty Words*, and the Top 100 Best Seller, *Brilliantly Resilient* (co-author). She is co-founder of the Brilliantly Resilient program, show and podcast. A Huffington Post, Entrepreneur.com, and Thrive Global contributor and columnist for numerous websites, Mary Fran created a life-affirming brand of wisdom and wit after meeting the challenge of her son's heroin addiction. Find her at www.maryfranbontempo.com.