

# JENNIE SUTTON

**Award-winning divorce coach, Master Practitioner, professional McKenzie Friend, financial mindset coach, co-author of new Sara Davison book *Emotional Alchemy***

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Jennie Sutton, 61, is an award-winning divorce coach who cuts through the noise with practical, hard-hitting guidance for women facing the complexities of separation and divorce.

Drawing from her own experience of ending her 30-year marriage seven years ago, Jennie founded Untying The Knot to ensure no woman faces this life-changing decision alone or unprepared.

Based in Cheltenham, Gloucestershire, Jennie is a Master Practitioner in Divorce and Domestic Abuse Coaching, a financial mindset coach, and a professional McKenzie Friend, offering emotional courtroom support and strategic advice when it comes to the Litigant in Person being heard.

With more than 20 years of coaching experience, Jennie offers her clients real-life insights with straightforward strategies to enable women feel more in control and reduce their anxiety, while building their new future.

A mother of four and grandmother of four, women's coach Jennie's approach is compassionate but never sugar-coated. She enables women to make clear decisions, avoid common pitfalls and navigate the legal, financial, emotional and practical minefields of divorce.

As a leading voice, Jennie is also a co-author of *Emotional Alchemy*, by The Divorce Coach Sara Davison, launched in February 2026. She mentors coaches within Sara's elite team and is internationally recognised for her outstanding contribution to divorce and domestic abuse coaching.

**WHAT JENNIE CAN TALK ABOUT: The unmistakable signs your relationship is over, how to ask for a divorce without regret, financial navigation during separation, managing anxiety and self-doubt, telling children the truth, and confidently building a new life post-divorce.**

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## **JENNIE'S STORY:**

In 2019, at 53, Jennie Sutton made the toughest decision of her life - to end her 30-year marriage. Previously, she had built a successful coaching business training NHS staff and managed a GP practice with her now ex-husband - all while raising four children.

Retirement was meant to be a new chapter. Instead, Jennie found herself feeling isolated and emotionally drained as the relationship with her partner deteriorated.

It was the culmination of years of painful shifts in communication, unmet needs and growing loneliness. While the marriage appeared stable from the outside, Jennie admits she felt trapped in a cycle of hope and disappointment.

Battling fear, guilt and uncertainty, Jennie endured what she describes as the 'maybe years', a painful period of indecision, before she finally found the courage to ask for a divorce. The separation was marked by challenges including emotional loss. But from this, Jennie believes she has emerged stronger, and it ignited Jennie's transformation into a divorce coach - using her experience to help other women.

In 2020, she trained with renowned expert The Divorce Coach Sara Davison and earned her Master Practitioner status, sharpening her skills to become a leading figure in divorce and domestic abuse coaching. Jennie's mission is to guide women through the emotional and practical chaos from the point of decision, right the way through divorce with all the additional legal, financial threads, to conclude with enabling women to design their destiny. One they are excited about.

Beyond emotional coaching, Jennie supports clients in court as a McKenzie Friend, offering vital courtroom emotional and practical support. Also as a financial mindset coach, Jennie enables women to redefine their relationship with money after divorce. Her no-nonsense style and depth of experience have made her a trusted mentor and trainer within Sara Davison's elite coaching team.

Since relocating to Cheltenham in 2025 to be near family, Jennie has helped hundreds of women across the UK navigate their divorces with confidence and resilience.

A milestone in Jennie's career is her role as co-author of Emotional Alchemy, Sara Davison's new book. This work showcases Jennie's ability to combine real-life experience with professional insight.

Recognised internationally with a prestigious coaching award, Jennie is a sought-after expert on divorce, and she is available for interviews, as a podcast guest and for speaker opportunities.

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## **FIND JENNIE ONLINE:**

**Website** – [www.untyingtheknot.me](http://www.untyingtheknot.me); **Instagram** – [coach\\_untyingtheknot](https://www.instagram.com/coach_untyingtheknot/);

**LinkedIn** - [jennie-sutton-divorce-coach](https://www.linkedin.com/company/jennie-sutton-divorce-coach/)

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