

JENNIE SUTTON
Award-winning Divorce Coach | McKenzie Friend – Courtroom Coach |
Financial Mindset Coach



ABOUT JENNIE

Jennie is an award-winning divorce coach who cuts through the noise with practical, compassionate and realistic guidance for women navigating relationship uncertainty, separation, divorce and designing their next chapter.

Drawing on both professional expertise and her own experience of navigating a life-changing relationship decision, Jennie founded **Untying the Knot** to help women who find themselves asking one of the hardest questions of their lives: **“Do I stay, or do I go?”**

A qualified divorce coach, (which includes domestic abuse), financial mindset coach and professional McKenzie Friend, also known as a Courtroom Coach, Jennie supports women through the emotional,

practical, financial and legal complexities of separation and divorce.

With more than 20 years of coaching experience, Jennie combines professional knowledge with lived experience to help women feel more informed, more in control and less overwhelmed. She helps women slow down, and make decisions that are right for them, rather than decisions driven by fear, pressure or other people's expectations.

JENNIE'S STORY

Jennie knows first-hand how difficult it can be to make a life-changing decision about a long-term relationship. She describes this period as her “Maybe Years”, a time of going backwards and forwards, questioning herself, weighing up the risks and imagining every possible outcome.

Like many women, Jennie discovered that making the decision was not simply about knowing what to do. It involved navigating fear, uncertainty, self-doubt, practical considerations and the emotional weight of changing a life that had been built over many years.

That experience became the catalyst for a new chapter in Jennie's professional life and led to the creation of Untying the Knot. Today, Jennie combines that lived experience with her professional training and expertise to help other women navigate their own “Maybe Years” and move from uncertainty towards clarity, confidence and choice.

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Jennie's philosophy is simple:

It's time to put yourself at the front of the queue.

WHAT JENNIE CAN TALK ABOUT

- **Finding Clarity**, understanding when a relationship may no longer be working and navigating the “Maybe Years” of uncertainty.
- **Making the Decision**, managing fear, anxiety and self-doubt, understanding your options, and making a considered decision about whether to stay or leave.
- **Moving Forward**, navigating the emotional and practical realities of separation and divorce, rebuilding confidence and creating a positive new chapter.

PROFESSIONAL EXPERTISE

Jennie mentors divorce coaches through **The International Divorce Coach Centre of Excellence (IDCCOE)**. A global professional network and training community founded by UK-based breakup and divorce expert Sara Davison.

Jennie has been recognised by Global Coaching Excellence Awards, 2024 for her contribution to divorce and domestic abuse coaching and is a sought-after media expert, podcast guest and speaker.

As a McKenzie Friend, or Courtroom Coach, Jennie also provides emotional and practical support to litigants in person or those who must find their voice and get Courtroom Ready.

MEDIA & WRITING

Writer of Articles: As featured in The Sun, Scottish Post, Mail Online, Red Magazine, Closer and Prima.

International Writer: As featured in NYC Independent, San Francisco Daily Press and Brainz.

Professional Blog Writer: As featured in Resolution, Stowe Family Law and Life Coach Directory.

CONTACT

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