



The Emotional Freedom Program

The no BS program to resolve your divorce



“Welcome to the Emotional Freedom Program”

Adèle Théron

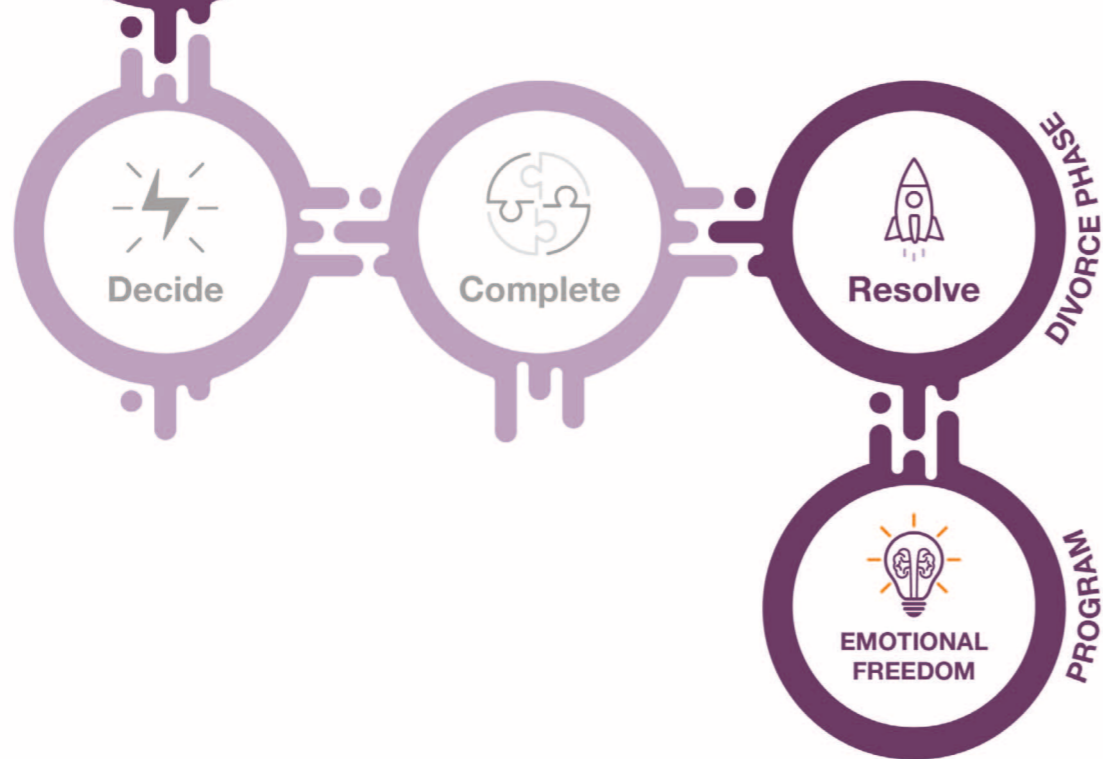


FOUNDER

Adèle Théron



COMPANY



www.nakeddivorce.com

Sound like you?

DOES ONE OF THESE STATEMENTS APPLY TO YOU?

- Feeling down, depressed or stuck?
- Feel out of control?
- Don't know how, or can't find the time to heal?
- Don't like the sound of months (or years) of traditional therapy without any guarantees of success?
- Feel you're never going to find the right one, and possibly even destined to live a life-time alone?

If one does, then it's time to take some pro-active action...

Where are you?

There are seven divorce emotions to work through, they are: Shock, Panic, Anger, Grief, Accept, Forgive, and Gratitude (Thanks).

Where are you?

The risks of divorce

Not everyone makes it through the divorce emotional journey, and few can do so without professional assistance. Failure to do so, leaves you vulnerable to **mental** and **physical risks** which include:

23% INCREASE IN DEATH †

20% INCREASE IN HEART DISEASE ††

LOWER LIFE SATISFACTION OVERALL †††

The biggest harmful myth around divorce is that *time-will-heal*. It does not, pro-active action does.

There is a solution

I built the **Emotional Freedom Program** to give people like you an easy, powerful, and swift way to heal from divorce. So you can get back to living, rather than being stuck in the pain of the past.

It helped me, and it's helped thousands of others around the world. It will help you too, if you decide to join us.

The seven divorce emotions:



† National Center for Biotechnology Information www.ncbi.nlm.nih.gov

†† Web MD www.webmd.com

††† Journal of Family Psychology www.psychologytoday.com

The problem with traditional divorce therapy...



No guarantee of results

Traditional therapy has no guarantees of success.



Slow (no incentive to find solution)

The traditional therapy business model is simple: the longer they can work with you, the more income they receive. Not only do the traditional therapist have no financial incentive to reach a solution, they will be harmed financially if they do.

Do you really want to put yourself in that situation?



Limited techniques

Over 80% of professional working traditional therapists have training in just one or two techniques. As such they are unlikely to have the required skills and techniques be able to deal with the wide range of emotions and challenges during your divorce healing journey



Expensive

There are three significant costs when using traditional therapy...

1: FINANCIAL

The average cost of traditional divorce therapy is \$7,436.00 - \$14,872.00 per person[†]. That's equivalent to 6-12 annual holidays (USA).^{††}

2: TIME

Time is the most valuable commodity we have. Losing weeks, months, or years to traditional therapy is a cost you can never ever recoup.

3: RELATIONSHIPS

It can be costly to fail to recover from a life trauma. Irreparable harm can be done, that some never recover from.



Not a specialist

Traditional therapists are not specialised in any specific life trauma.

In effect, you are seeing a general practitioner (GP), when you should be dealing with and perhaps need to be working with a trauma specialist.

[†] Information provided by goodtherapy.org states that "expect to pay \$100-\$200 per session".

Nine separate meetings with American based therapists revealed an average estimate of 1.43 years to recover from a divorce trauma using traditional therapy techniques.

We combined this information to reach our conclusions.

^{††} Average holiday for someone living in USA is \$1145.

TRADITIONAL THERAPY

NO-GUARANTEE

NO FIXED COST

LIMITED TECHNOLOGY

MOST ONLY KNOW 2 TECHNIQUES

EXPENSIVE

SLOW

NO END DATE

INCOME STOPS IF YOU GET BETTER

NOT PAID ON PERFORMANCE

ON-GOING COST

COSTLY

\$11,154

1.43 YEARS

There is a better way...



Results guaranteed

All our supported programs are backed by a unique money-back guarantee.



Rapid transformation

We strive to achieve results. Action, momentum, and commitment are the driving forces of transformation, not elapsed time.



Multiple technologies

We embrace and use a wide variety of coaching and therapeutic technologies and techniques. We use whatever tool will get the result.



Flat cost, different options

Our program is available in several formats to meet every user's needs and budget. No more on-going, never ending cost.



Specialist

Our clients choose us because of our reputation, and proven track-record, our testimonials and our specialism.



Worldwide access

We utilise modern technology to deliver, engage, and coach our clients wherever they are in the world. Our online booking system makes it easy to arrange, adjust, and change your coaching sessions at any time.

WORLDWIDE AUDIENCE:

Wherever you are, we can help:

4 continents, 97 countries, and thousands of happy customers



Driven by results

Deep analysis informs, directs, and drives our continual enhancements.

Our unique results-driven obsession has led us to create industry-leading customer-generated analysis tools. Data is user-generated via feedback surveys at the beginning, middle, and at the end of every Emotional Freedom Program. This enables us to produce tangible, evidence-based performance assessments across all of our programs.

RESULTS:



Results:

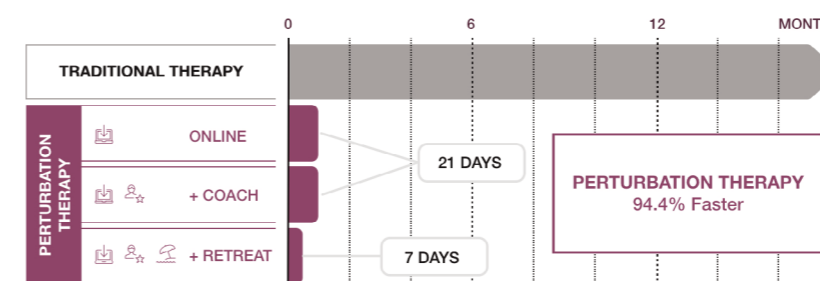
Results are updated every quarter, and displayed on our website.

Time matters

The information graphic below shows the contrast in duration between the Naked Divorce Emotional Freedom Program and traditional divorce therapy.

The Program can be taken in various different formats, including online only, online with the support of a Divorce Angel (life coach), and online + coach + The Haven Retreat (a seven day retreat).

DURATION COMPARISON:



Duration:

The difference in performance is staggering when compared to traditional divorce therapy.

Designed for you...

Naked Divorce

ESTABLISHED

Adèle Théron is the inspiration, founder, and co-owner of Naked Divorce. Launched in 2012, it has been growing and evolving ever since.

This Emotional Freedom Program isn't the only trauma assistance that we offer. Naked Recovery Online is a separate service that provides programs for various life traumas.

FORMATS

The Emotional Freedom Program is now available in several formats, no doubt there is a version that's right for you.

ONLINE TECHNOLOGY

The online learning system was significantly updated in 2019 and now uses the latest Learning Technology provided by Moodle Learning System, the same technology used by hundreds of leading universities around the world.

The Emotional Freedom Program

This a world-class comprehensive divorce recovery program.

The program uses video, text, audio, podcast, online quizzes, online training systems, journals, ethics boards, daily checklists, and an array of other tools, techniques, and media formats in a carefully choreographed structure to generate incredible personal transformations.

Whilst the underlying learnings are the same, the program can be consumed in several different formats, most notably:

ALL-ACCESS



ONLINE ONLY

For everyone.

Priced to be accessible for everyone. This does not include any personal coaching support. As such, students will need to be incredibly committed and diligent to get the best results.



Adèle Théron coaches a client on the Naked Divorce Haven Retreat, in Chiang Mai, Thailand.



ONLINE + COACH SUPPORT

For professionals.

Additional coaching support makes the world of difference. The results are so powerful and so consistent, that we can guarantee results with this version of the program.



ONLINE + COACH SUPPORT + RETREAT

For go-getters.

If you're looking for the best results, the fastest breakthroughs, and to complete it in style – then the The Haven Retreat is for you.

An intensive seven day retreat, working one-to-one, face-to-face, with your divorce angel (life coach). We believe this is the most powerful divorce recovery program in the world. Results are guaranteed.

Currently available in Cape Town, South Africa, Chiang Mai, Northern Thailand, and Auckland or Coromandel, New Zealand.

Your journey...



3 Divorce phases

There are three critical phases in the divorce journey: *Decide*, *Complete*, and *Resolve*. We have programs for each of these phases. The Emotional Freedom Program deals solely with the final phase *Resolve* (contact us for guidance and services for the other phases).

Resolve: The Emotional Freedom Program

Once a couple has chosen to divorce, and once the logistics of the divorce are complete, it's critical that one takes time to process the emotions. To achieve that we created **The Emotional Freedom Program**.

THREE SUB-PHASES

There are three sub-phases: **Cocoon**, **Metamorphosis**, and **Release**. Each of which contains several significant *lessons* which are often referred to as 'Days' since one is normally completed each day on the program.

Each *lesson*, contains several *exercises*, and *tasks* to be completed. Your online program explains this in detail.

#1 Cocoon

The first module is focussed on restoring *balance*. During a significant separation, breakup, or divorce, our emotions can go haywire. Before you consider making any critical decisions, we first need to get you grounded, and emotionally stable.

#2 Metamorphosis

The *Metamorphosis* involves intensive work to focus on your old relationship, what you learnt, what the source of your divorce was, getting over your ex, healing your heart and repairing relationship wounds. Rapid changes happen within a short period of time.

#3 Release

The *Release* focusses on your future, your desires for your next relationship, your relationship with yourself, and getting back in touch with who you are as a person.

As you enter the final stages of *Release*, not only will you feel more alive, but you will begin to be free from the constraints of the past and from making excuses to delay having the life you deserve and love.



There are seven emotional phases to a full recovery following divorce.

The Emotional Freedom Program will move you through each of these phases.

Emotional journey

Your emotions, and the way you feel, will evolve as you move through the program. Refer to the diagram on the right to see the emotional journey that many people experience on the Emotional Freedom Program.

Emotional freedom

Once all these lessons are finished, you will have completed your program, and reached what we like to call *Emotional Freedom*.

A balanced, emotionally stable state, where you are conscious of the past, and totally complete. Leaving you beautifully empty, ready to accept all the potential, and all the opportunities that will inevitably start to flow your way.



Results achieved...



How do we measure results?

Data is user-generated via feedback surveys at the beginning, and end of every Emotional Freedom Program.

- ✓ **Claim your life back**
 Time is the ultimate perishable resource. Once it is gone, it is gone forever. Get over your divorce fast, and claim your life back now.
- ✓ **Better equipped for life**
 Learning is healing. Healing is learning...
 The skills and techniques you will learn on the Emotional Freedom Program will be valuable to you in every area of your life, including relationships (family, friends, colleagues, children, parents), and your career in particular.
- ✓ **Live a life worth loving**
 You can't have your dreams come true, if you don't first dare to dream.
 Dare to dream of a bigger life, a more ambitious, bolder life, with more rewards for you, and all those that come into contact with you.
- ✓ **Learn to love again**
 It's simple, a life lived with love is better.
 As a result of the program you will learn to love again. You will attract the right people into your life, and start to live a bigger, better, more exciting life than you could have ever imagined prior to the program.
- ✓ **Increased self-confidence**
 Knowing in your soul that you can deal with bigger challenges, that you have overcome adversity in the past, and if needed, you could do it again is very valuable indeed. Our students live their lives with a greater sense of security, and self-confidence.
- ✓ **Inspire others**
 Remember the airline safety announcement... 'Put your own oxygen mask on, before assisting others'.
 This is true of many things and certainly personal growth. By expanding and evolving your personal development, you will inspire those around you.
 The value and knowledge that this can give to children in particular is astounding. Teaching your children that they can overcome any adversity, just like you did, is a priceless education and inspiring life lesson.

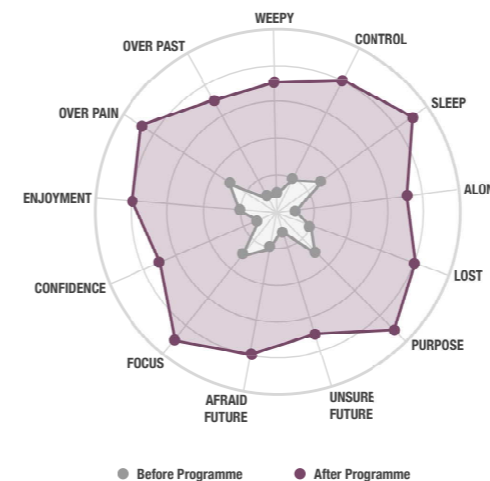
Client data

The following data is compiled from all customer feedback across all versions of the Emotional Freedom Program (data recorded from 2016).

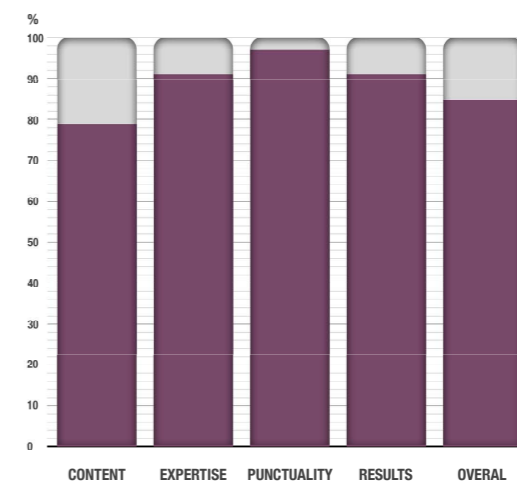
FEEDBACK - TRUSTPILOT



BEFORE / AFTER CUSTOMER SCORES



PROGRAM FEEDBACK



Featured

NAKED DIVORCE HAS BEEN FEATURED IN:



Testimonials

“Very powerful, absolutely great!”
Kerry

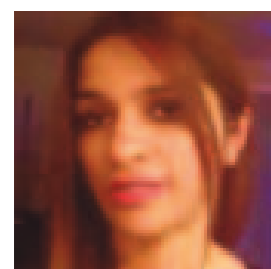


Testimonials

TRUST PILOT

At the time of publication, 92% of customers have awarded Naked Divorce with the highest possible score of *Excellent* on **Trust Pilot**.

www.trustpilot.com/review/www.nakeddivorce.com



Shamila

SHAMILA

“Ultimately priceless!”

“I was in an unhappy marriage for 7 years. I didn’t know how to get out of it, there were a lot of unanswered questions and a lot of fears. Today I feel really powerful, I feel happy in my own skin, I feel true and honest in all I’m doing. Whatever you invest in it is ultimately priceless.”



Tom

TOM

“Commit, go for it!”

“I was really sad, really desperate, feeling alone. The program is a constant journey of self recovery. You feel good every single day. I learnt the reasons behind things and about myself and I’m looking forward to continuing my journey. Recommended.”



Kerry

KERRY

“Very powerful, absolutely great!”

“I wanted to be a completely new woman with a new outlook on marriage. I really encourage people to do this program. It’s easy, it doesn’t take anything, and it supports you every moment of every day.”

Many more available...

Many more testimonials are available on www.nakeddivorce.com, Trust Pilot, and on YouTube.

ND: www.nakeddivorce.com/videos-testimonial

TP: www.trustpilot.com/review/www.nakeddivorce.com

YT: www.youtube.com/user/NakedDivorce/playlists

Services include



Naked Divorce

www.nakeddivorce.com

Online Divorce Quiz

Intro Video course

Paperback Books

Online Program

Online Program + Coaching

Online Program + Coaching + Retreat

Power Hour

Clarity Call



Naked Recovery Online

www.nakedrecoveryonline.com

In addition to divorce, we treat a number of life trauma events, which include, but are not limited to the following;

Bankruptcy

Bereavement

Birth trauma

Family trauma, and estrangements

Marriage counselling

Nutrition, for trauma recovery

PTSD

Relationships

Sex trauma

Contact us for further details on the services we can offer you.





naked 
divorce



Book call

www.nakeddivorce.com/clarity-call



Web

www.nakeddivorce.com



Email

info@nakeddivorce.com



YouTube

www.youtube.com/user/NakedDivorce