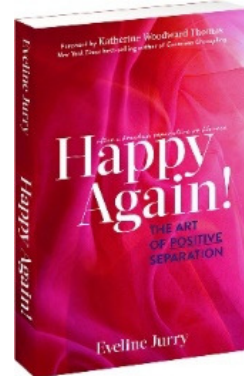


Radio One Pager



Eveline Jurry
International Best-Selling Author and Positive Separation Expert

Committing to a Happy Future is Key to Recovering From a Breakup or Divorce
Eveline Jurry reveals the blueprint for rebuilding happiness from the inside out

Whether you or someone else chooses to end a marriage or relationship, breaking up hurts. Life feels raw and uncertain. You feel blocked, scared and lonely, left wondering “Will I ever be happy again?” Understanding how to navigate the challenging process of a divorce or separation can be tricky. According to Eveline Jurry, committing to overcoming the pain and trauma of a breakup or divorce, taking a no-nonsense approach every day and making sound decisions today that create a brighter future will lead you to be happy again after a painful separation. With her Positive Separation Method™ and new book *Happy Again! The Art of Positive Separation*, Eveline provides a step-by-step guide to navigating the challenging process of a separation with greater confidence, hope and love.

Through her consulting practice and books, Eveline Jurry specializes in helping individuals in distress get back on track. She also consults with businesses and governments on her Positive Separation Method. She can discuss many issues related to navigating stressful events, curbing chaos and managing emotions in a relationship crisis.

Suggested Intro: With millions of people going through divorce, breakups and separations every year, many are looking for a better, less painful way to rebuild their lives and flourish again. The truth is breaking up is hard, and it takes focus and effort to find happiness again. With us today is Eveline Jurry, international best-selling author and creator of the Positive Separation Method™ with more than 10 years of experience as a separation consultant for individuals, businesses and governments. Jurry has gone beyond challenging the conventional ideas around separation and written the instruction manual on how to master the process of separating in a positive, healthy way. Welcome Eveline. How do you define Positive Separation?

Suggested TOPICS for DISCUSSION:

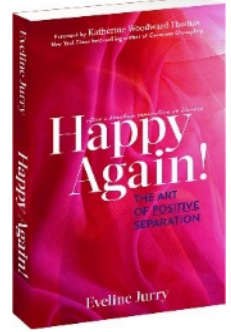
- **Unlock Your Resilience and Potential Using The Personal Separation Pyramid™:** Eveline shares a technique that will help individuals move forward in the aftermath of a separation faster and easier.
- **Create Your Winning Team:** Eveline explains why the right support team increases success of a positive separation, guidelines for choosing the right people for the right roles and who should never be on the team
- **Cut Chaos with “Power Hours” and “Chill Hours”:** Sometimes, the hardest thing to do is nothing at all. Quiet times are key to cutting the chaos out of our lives and learning where we are, who we are and where we can to be in our happy future.
- **Supporting Children in Separation and Beyond:** Eveline reveals that the key to creating a happy future for your children is to first become and remain happy and secure within yourself.

Suggested QUESTIONS for Eveline Jurry:

On Positive Separation

1. What is the biggest myth you see when it comes to having a healthy separation or divorce?
2. What are the top fears people have after a divorce or break up and how can they get past these fears?

Radio One Pager



Suggested QUESTIONS for Eveline Jury:

On Positive Separation (cont.)

3. What inspired you to create your Positive Separation Method™?
4. How is your Method helping your clients and readers of your book *Happy Again! The Art of Positive Separation*?
5. *Happy Again!* is an instruction manual for navigating the challenging process of finding happiness after a breakup or divorce. What are the five steps of your Positive Separation Method?
6. Can you share a lesson you learned or a tool you used early on in your divorce that still positively impacts your happiness today?

Creating a Winning Team – a Super Tool

7. You talk about creating a Winning Team. Why is a Winning Team of friends, family, professionals and resources so important to positive separation?
8. What are some of the guidelines for choosing the members of a Winning Team?
9. Who should never be part of a Winning Team? Why?

Back on Track Towards a Happy Future

10. What are some small, simple ways to create positive experiences that can help people take care of themselves during a breakup or divorce?
11. How quickly can someone get back on track if they follow your Method and tips?
12. What's your best advice for parents who may want to work with your Method?
13. What's the most important question people should ask themselves when it comes to getting back on track after divorce or separation and being happy again?

Parents in Separation

14. What's the best thing that friends and family members can do to help loved ones feel happy again after going through a breakup or divorce?
15. How does the Method enhance and support the emotional techniques of Katherine Woodward Thomas' *Conscious Uncoupling* and other self-help authors teach?

When Loved Ones are in a Breakup or Divorce

16. What's the best advice that friends and family members can give when a loved one is in a breakup or divorce to navigate the new situation and high emotions?
17. What's the best thing that friends and family members can do to help loved ones feel happy again after going through a breakup or divorce?

Working With Best-selling Authors

18. You profile internationally acclaimed self-help authors and thought leaders in your book including motivational speaker and author Lisa Nichols, and Marci Shimoff and Debra Poneman, best-selling authors and co-founders of *Your Year of Miracles* to name a few. What did you notice or learn from their stories that either surprised or validated your beliefs about achieving happiness after a split?

#ShareHappyAgain

19. You're sending out 100s of free copies of *Happy Again!* Worldwide. Why are you doing that and what do you hope to accomplish?