



Lesley Downs

FAMILY CONSULTANT
RELATIONSHIP COACH
PERSONAL DEVELOPMENT
COACH AND THERAPIST

BIO

Relationship Coach Lesley Downs: Fully qualified and experienced Family Consultant, Relationship Coach, Personal Development Coach and Therapist. Lesley will be taking questions from parents who are struggling to co-parent effectively with their ex - or fear that this will be a big challenge after the divorce.

"My name is Lesley Downs. I'm a couples counsellor working from my private practice in Chichester. Covering Chichester and the surrounding areas. I specialise in enabling my clients to achieve what they want to achieve. So whilst you are here reading this page, I'm wondering what it is that is on your wish list?

Perhaps you are a couple that have some relationship issues and would like to work on improving things; get a better understanding of each other's needs, be more loving and caring to each other, more passionate, put the magic back? Maybe you're wondering whether to separate or possibly you have already separated, you're heading towards the divorce courts and feel that you need some support along the way.

As well as being a relationship coach/counsellor, I also work alongside family lawyers as a Family Consultant in Collaborative Law divorce cases, helping couples through the emotional trauma of separation and divorce."

Q & A SESSION TITLE

How To Communicate With Your Ex
Without Getting Angry

SPEAKING TIMES

Thursday: n/a

Friday: n/a

Saturday: 10.30 - 11.00

WEBSITE LINK

<https://lesleydowns.co.uk/>