

Topic-Based Stress Reduction eCourse

Separation & Divorce 101: Supporting Myself (and My Dependents?) to Transition Kindly

Context

Statistics say that 52% of all marriages end in divorce. Separation and divorce are significant life changes. They can turn relationships, familiarities, securities and life upside down.

These situations can range from amicable to desperately challenging and all versions often involve high levels of stress.

Even in supportive circumstances, separation and divorce can feel turbulent. Children of separating and divorcing parents make their own experiences. These are largely dependent on how their parents receive themselves and the situation.

Yes to Yourself?

In *Separation & Divorce 101: Supporting Myself (and My Dependents?) to Transition Kindly*, we practice The Work of Byron Katie®

The Work of Byron Katie® (referred to as The Work, inquiry, or self-inquiry) offers a new way to receive, process, respond to and de-escalate challenging situations.

Known in scientific research as Inquiry-Based Stress Reduction®, The Work aligns with modern neurological science. The Work is a practice of embodying self-love, connecting yourself to your capacities, inner truth, internal wisdom, fostering peace, freedom, and an experience of enough – *independent* from everything around you. From the center of this space is where transformation can take place without additional effort. No prior knowledge of ‘The Work of Byron Katie®’ is required. The motive is freedom.

This process helps you show up with clarity, experience your personal authority (“Yes! to myself”), self-trust, and exercise self-leadership in supportive ways for yourself, which can also benefit dependents.

“It is unfathomable to realise again and again how the shifts I experienced, positively affected my daughter. Again and again, I noticed: I care for me, and I can show up and be present for my child. I clean up my emotional mess, and my daughter becomes free; I address my fears, and my daughter becomes happier. This work has an individual touch to it. In reality, it takes the whole world with it.”

Tammy Ketura, 7 year bi-national divorce

This course does not offer nor provide legal advice, or tips of any sort.

What others have gained from practicing The Work of Byron Katie® and what Topic-Based Stress Reduction eCourse Separation & Divorce 10: Supporting Myself (and My Dependents?) to Transition Kindly can offer you:

- A way to process shock, chronic stress, hurt, escalations, distrust, and repeat behaviour, wisely and effectively as happening for you, not to you.
- Receive anger, hurt, pain, frustration, limitation, etc, to empower you to your wisdom and healing.
- Even where hurt and pain exist, learn how you can treat yourself and this hurt and pain with understanding and kindness.
- Meet your internal wisdom and experience your own authentic answers.
- Gain tools – even in heated situations – that support clear minded supportive actions.
- Explore how lawyers and mediators can support you, and how you can support them to – keep divorce costs low.
- Think clearly, communicate clearly, exchange information clearly.
- Catch yourself from making decisions based on fawning and other underlying beliefs/habits that are no longer true for you or do not support you.
- Immediately start to heal fractured trust, and anything else which may have been damaged or violated.
- Gain self-realization and self-empowerment; rely on yourself to act in your own best interest and the best interest of children and dependents involved.
- Take complete responsibility for your thoughts and experiences in gentle and integral ways.
- Explore self-love and form a deep connection with your truth, authority, integrity and the world around you.
- Experience peace, freedom, and certainty independent from, yet connected to, everything else.
- Find a safe space to jump-start your healing even when your partner demonstrates narcissistic characteristics.

Sound incredibly valuable? It totally is.

Once you get the hang of The Work, you might wonder why this innovative “self-coaching” method isn’t taught in schools. This is one of the comments I hear most frequently.

Divorce 10: Supporting Myself to Transition Kindly is designed for individuals who:

- Are contemplating or at the threshold of separation/divorce.
- Are currently in the separation/divorce process.
- Have completed the separation/divorce process and experience residual rawness, bitterness, or regret.
- Have experienced their parents’ separation/divorce and feel ongoing frustration, tension, or upset.
- Are parents of a separating/divorcing child.
- Are the child of a separating/divorcing parents.
- Are friends or supporters of a separating/divorcing individual.
- Feel general and residual unease when confronted with the topic of separation/divorce.
- Are professionals working with children/adults in separation/divorce processes.

This group process provides benefits that one-on-one sessions may not, cannot provide. Such as being witnessed, mirrored, being heard and seen, seeing, and recognizing, naming shared/divergent similar experiences.

This eCourse contains a curated curricula that leads the group process through a beginning, middle, and end, designed to support your freedom, authenticity, and clarity throughout the separation/divorce process and topic.

By participating in this course, you get:

- A curriculum that can be customised to your situation and needs.
- A tool that you can use for yourself and with others.
- A group of people in similar situations and with similar interests.
- A way to cope with emotional stress.
- A way to rest freely and safely in connection despite unpleasant physical sensations.
- Mentoring, facilitation, community and support.
- The Zoom recordings for your personal resource.
- A way to meet yourself through the emotional turmoil of separation/divorce with gentleness and understanding; to make decisions from clarity (rather than fear, lack or pressure).

During this eCourse, we practice The Work of Byron Katie® on:

- Unwrapping limited meanings of separation/divorce.
- Reconciling causes and effects of separation/divorce.
- Receiving and Releasing physical sensations around guilt, shame, not enough and failure.
- Making friends with the worst that can happen.
- Gaining self-leadership in difficult complex situations.
- Coming home to a mind at home in ourselves.

1:1 Partnership – consciously embodying freedom together

In order to deepen the experience gained from the content, you have the opportunity to meet with another participant of online to deepen and practice what you have learnt. This participation is voluntary. An online community is provided for you to meet once a week or by arrangement.

At the end of Separation & Divorce 10: Supporting Myself (and My Dependents?) to Transition Kindly

- You are familiar with The Work and can apply this tool on your own.
- You can identify stressful thoughts and examine them alone and with others.
- You can catch yourself emotionally and connect yourself to your inner wisdom.
- You can take yourself out of reaction and lead with intelligence.
- You make decisions from clarity, in connection, and with empowerment.

Meet your Host an Facilitator, Tammy Ketura

Hello, I am Tammy Ketura, your host, Certified Facilitator of "The Work of Byron Katie*", sociologist, bestselling author, mother and divorced. **Separation & Divorce 101: Supporting Myself (and My Dependents?) to Transition Kindly** is a matter close to my heart because I have experienced for myself the great power The Work* has with our subliminal thoughts, stories and personal experience with the order of creation (Think, Feel, Act, Have). The Work is only 4 questions and turnarounds. Without your individual answers, it is nothing. Our answers are an individual and personal experience and they change the world. My motivation to immerse myself in The Work* was freedom. It is un-imaginable how the changes I have experienced have had a positive impact on me and my daughter and my divorce process and outcome. I am curious to know how you experience this course content and how it can support you in this separation/divorce process as a bystander and/or as a protagonist. I look forward to getting to know you and to accompanying you and me on this phenomenal journey inward.

Program Details

- **Duration:** Five calendar weeks on Fridays
- **Location:** Online, Live
- **Meeting Time:** Weekly for 90 minutes, from 6:30 pm to 8:00 pm London Time
- **Registration closes:** The day before the course begins

Course cycle 1) Course start on Friday, 7 February, 2025 – 5 dates:

Friday, February 14th,

Friday, February 21st,

Friday, February 28th,

Friday, March 7th, and

Friday, March 14th.

Course cycle 2) Course start on Friday, 21 March, 2025 – 5 dates:

Friday, March 21st,

Friday, March 28th,

Friday, April 4th;- Spring holidays - No course,

Friday, April 11th, - Spring holidays - No course,

Friday, April 18th, - Spring holidays - No course,

Friday, April 25th,

Friday, May 2nd, and

Friday, May 9th.

Course cycle 3) Course start on Friday, 23 May, 2025 – 5 dates:

Friday, May 23rd,

Friday, May 30th,

Friday, June 6th - Whitsun - No course

Friday, June 13th,

Friday, June 20th - Frohnleichname - No course

Friday, June 27th, and

Friday, July 4th.

Course cycle 4) Course start on Friday, 22 August, 2025 – 5 dates:

Friday, August 22nd,

Friday, August 26th,

Friday, September 5th,

Friday, September 12th, and

Friday, September 19th.

Course cycle 5) Course start on Friday, 26 September, 2025 – 5 dates:

Friday, September 26th,

Friday, October 3rd,

Friday, October 10th, - Autumn holidays AR - No course,

Friday, October 17th, - Autumn holidays AR - No course,

Friday, October 24th,

Friday, October 31st, and

Friday, November 7th.

Course cycle 6) Course start on Friday, 14 November, 2025 – 5 dates:

Friday, November 14th,

Friday, November 21st,

Friday, November 28th, - VTW Coach Training - No course

Friday, December 5th,

Friday, December 12th, and

Friday, December 19th.

Testimonies, read what others are saying about working with Tammy Ketura

Your investment is CHF 497.00 Swiss Francs

30% rebate is granted with the presentation of a valid Kulturlegi Card.

Is Stress Reduction Online Event Course **Separation & Divorce 10: Supporting Myself (and My Dependents?) to Transition Kindly** resonating you and you are feeling hesitant to commit? Enjoy a live 15-minute call with me: ask all your questions and share your hesitations. I'm eager to support you with the information you need to make an informed decision for you. Please reach out via phone/text at +41 78 878 06 22 or email tammy@tammyketura.com to find the best time for us to meet. If you don't receive a reply, I did not receive it: please try again or contact me a different way.

Yes! I am in and participating!

By placing the payment you confirm that you agree with the [terms and conditions](#).

You can pay with Twint (only for Swiss Residents), IBAN/SWIFT transfer or Paypal (for international participants)

With **YOUR** choice transaction, include the following in **the message to Tammy**:

- **Course cycle number with start date,**
- **First name,**
- **surname,**
- **e-mail address, and**
- **mobile phone number.**

1. **TWINT:** Tammy Ketura, 078 878 06 22

2. **Registration with IBAN / SWIFT transfer:**

- IBAN: CH96 0076 3605 5342 9380 0
- BIC/Swift Code: AIKACH22
- Tammy Ketura Mock-Andrejowich
- Holderschwendi 7
- 9042 Speicher
- Appenzell Kantonalbank
- Bankgasse 2
- 9050 Appenzell

3. **Paypal:** tammyketura@gmail.com

Confirmation of receipt and communication will follow by email (and WhatsApp only if needed) please save tammy@tammyketura.com and +41 78 878 06 22 to your contacts.

Thank you for your registration!

I look forward to seeing you!

In your Inbox, you'll read from me soon!

Thank You for committing to yourself. I look forward to meeting you and supporting you in transitioning kindly. If anything comes up, please contact me on Telegram at +41 78 878 06 22 or email tammy@tammyketura.com.

In adoration to us on these flooring and transformative journeys,

Your

Tammy Ketura

Subscribe

Sign up with your email address to receive news and valuable updates.

Sign Up

We respect your privacy.

Welcome to the wonderful world of you. ♥

© 2025 TammyKetura.com

[@](#) [t](#) [f](#) [in](#)

[Contact](#)

[Terms & AGB](#)

[Privacy & Datenschutz](#)

