

KATE ANTHONY

YOUR DIVORCE SURVIVAL GUIDE

PODCASTER | COACH | ADVOCATE



WWW.KATEANTHONY.COM
LOS ANGELES, CALIFORNIA

(323) 610-5416
INFO@KATEANTHONY.COM

AREAS OF EXPERTISE

I HELP WOMEN DECIDE IF THEY SHOULD STAY IN OR LEAVE THEIR MARRIAGES AND THEN GUIDE THEM THROUGH THE DIVORCE PROCESS SHOULD THEY CHOOSE TO LEAVE.

I CAN SPEAK OR BE INTERVIEWED ON THE FOLLOWING TOPICS:

- Should you stay or should you go?
- How to have all the difficult conversations, from telling your spouse to telling your kids
- How to avoid making the same mistakes (choosing the same type of relationship) over and over again
- How to not screw up your kids in the divorce process
- How to identify and heal from emotional abuse
- Divorcing a narcissist

I'm a certified coparenting specialist, domestic violence victim's advocate, a certified coach, and much more.

I always bring a fun, often irreverent, viewpoint to my work.

"Kate Anthony is the perfect combo of your best girlfriend, the momma you never had and that wise old spirit-woman that only speaks to you in your dreams."



MY APPEARANCES
ON OTHER PODCASTS
HAVE QUICKLY RISEN
TO THE MOST
DOWNLOADED
EPISODES OF ALL
TIME

SAMPLE INTERVIEW QUESTIONS

I'D LOVE TO BE A GUEST ON YOUR
PODCAST OR TV SHOW. HERE ARE
SOME QUESTIONS YOU CAN ASK ME:

I've heard that the divorce rate for second and third marriages is higher than for first marriages. Why do you think this is?

What do you think are the most important things a woman needs to address when trying to decide whether to stay or go?

You talk a lot about smashing the patriarchy. How do you think the patriarchy has affected women's ability to find fulfillment and happiness in their marriages today?

You're an expert in helping women identify and heal from emotional abuse. What do women need to look for in order to gain clarity around this?

You say that you had a really contentious and volatile marriage, but you had a stellar divorce. Can you explain how you were able to create that?

Be honest: Does divorce screw up kids?

How can we best protect children from the fallout of divorce?

What are your thoughts on dating post-divorce?

How do you think our current political and cultural climate is affecting relationships today?

I've heard you say that the term "toxic masculinity" needs a re-brand. What do you mean by that?





PROFESSIONAL BIO

Kate Anthony is the host of the critically acclaimed and *New York Times* recommended podcast **The Divorce Survival Guide Podcast** and the creator of the groundbreaking online coaching program, **Should I Stay or Should I Go?** which helps women make the most difficult decision of their lives using coaching tools, relationship education, geeky neuroscience, community support, and deep self-work.

No stranger to the camera, Kate spent the first 30 years of her life as an actor, with a career that began with five years on **Sesame Street** and concluded with five years on **Grey's Anatomy**.

Kate empowers women to find their strength, passion, and confidence even in the most disempowering of circumstances and helps them move forward with concrete plans, putting their children at the center (not in the middle) of all decisions.

Kate spent 3 years and over 500 hours training in various coaching modalities with two of the top coach training organizations in the world, and is widely known as an expert in communication, co-parenting, divorce, and emotional intelligence.

In addition to her private practice, Kate spent three years coaching Fortune 500 executives in communication, presentation skills and emotional intelligence.

Kate lives in Los Angeles with her son (whom she lovingly co-parents with her ex), two pups, and a handful of fish.

CONTACT INFO:

info@kateanthony.com

[323-610-5416](tel:323-610-5416)

WWW.KATEANTHONY.COM

ASSETS

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