

KATE ANTHONY

YOUR DIVORCE SURVIVAL GUIDE

PODCASTER | COACH | ADVOCATE | AUTHOR



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.

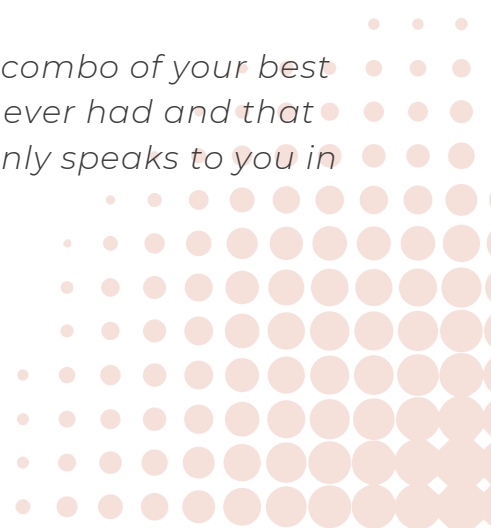
I CAN SPEAK OR BE INTERVIEWED ON THE FOLLOWING TOPICS:

- 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 high-conflict divorce 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:

- What do you think is the very first thing women need to look at when trying to make this decision?
- Why are women so unhappy in their marriages?
- Do you believe there are as many narcissists as people seem to think these days? Why?
- What's the difference between a narcissist and a sociopath?
- What if someone's marriage is "fine"?
- What is emotional abuse, and what does it look like in a relationship?
- How do you define gaslighting?
- Do you see these dynamics in non-heterosexual relationships?
- Do they know it's abuse and can they change?
- How do you address addiction or mental illness?
- How does infidelity usually differ in men vs women?
- Is sex addiction real? And is he a sex addict, or just a cheater?
- Is porn use ever ok in a marriage?
- Can you talk about sexual abuse in marriage, and give some examples of what that looks like?
- I've heard many women say that they've tried to have the divorce conversation with their husbands numerous times. How can they make it stick?



PROFESSIONAL BIO

Kate Anthony is the author of *The D Word: Making the Ultimate Decision About Your Marriage*, 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. Additionally, Kate is certified as a **Domestic Violence Victim's Advocate** by the state of California, as a **Co-Parenting Specialist** by the Mosten Guthrie Academy, and as a **High Conflict Divorce Coach** by Tina Swithin's High Conflict Divorce Coaching Certification Program, 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-husband.

CONTACT INFO:

info@kateanthony.com

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

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ASSETS

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