

RACHEL JAYSAN

Family Law. Together

Parenting Apart. Together

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"Children are not casualties of divorce. They are casualties of conflict."

- Carolyn Uss

Who We Are

Rachel Jaysan

Specialist Family Lawyer & Accredited Mediator

Rachel is a specialist family lawyer with over 20 years experience and an accredited mediator. Her firm is founded on the principles of non-court dispute resolution. She holds specialist accreditation in private children matters and complex financial work. She was a Trustee of a Women's Aid charity for a number of years and has much experience with domestic abuse. Rachel is a mum to three high school age children.

www.racheljaysan.co.uk

Hayley Scott

Certified Parenting Coach

Hayley is a Certified Parenting Coach trained through the Jai Institute for Parenting - one of the world's leading parent coaching certifications, grounded in Attachment science, Polyvagal Theory, neuroscience and conscious parenting methodology. She serves as a Trustee of the charity Hand in Hand, a Counsellor for a Teen helpline, and a mum of boys.

www.hayleyscottcoaching.com

"The way we talk to our children becomes their inner voice." - Peggy O'Mara

What We Offer

A different kind of support

We have developed a bespoke and holistic programme, combining the expertise of an experienced family lawyer/mediator and a certified parenting coach. You will address the practicalities of separation whilst at the same time consider and address the emotional impact on you as parents and on your children.

You will agree on the division of the family finances and the arrangements for the children, through mediation or using the One Couple. One Lawyer service and simultaneously work together with a qualified therapeutic parenting coach to ensure that your homes are a secure and stable base for your children. Together, this will give you the necessary toolkit to navigate a successful and healthy co-parenting relationship going forward.

"Kids don't remember what you try to teach them. They remember what you are" - Jim Henson

Legal guidance and emotional support are not separate tracks - they are two sides of the same coin, which should be approached together at the outset to ensure an amicable separation and constructive co-parenting.

Rachel and Hayley tailor their approach to each specific case, working with parents to ensure that both the immediate and future arrangements are considered and agreed and that long-term strategies are put in place to enable effective co-parenting and prevent long-term intervention from professionals.

Who this is for

- **Separating or separated parents who want to do things differently and who are working together** for the sake of their children in a two-client model - such as Mediation or the One Couple. One Lawyer service.
- **Parents who want to move beyond conflict** and build a working co-parenting relationship so your children can thrive.
- **Parents who recognise how they show up at home** matters as much as any legal agreement.
- **Parents who feel reactive, depleted, or at a loss** for how to guide and protect your children through what is happening.
- **Parents who seek to understand their children's behaviours** in the context of co-parenting and equip themselves with lasting strategies.
- **Parents who have become stuck in extensive legal correspondence or embroiled in litigation** and want to try something different.
- **Parents who want the tools to allow them to parent effectively and prevent continuing input from professionals** on a long-term basis.

How we work

Tailored to every family

01

Together from the start

Legal/mediation and emotional support are introduced simultaneously - not sequentially - so nothing falls between the gaps.

02

Individually tailored

Rachel and Hayley work both jointly and separately with each family, adapting to the specific dynamics and needs of your situation.

03

Long-term strategies

The goal is not only to resolve the immediate crisis but to put in place lasting and accessible frameworks that prevent future professional intervention.

Rachel Jaysan - Family Law & Mediation

- Division of assets including complex
- business structures, existences of nuptial agreements.
- Child arrangements and parenting plans.
- Issues of relocation (international and local).
- Communication tools.
- Variation of existing agreements/orders

[Book an initial exploratory consultation with Rachel](#)

Hayley Scott - Parent Centric Coaching

- An inner toolkit to help in every situation...
- Nervous system regulation - How we show up in every interaction.
- Understanding how our unique attachment patterns affect us and our children.
- Emotional awareness & literacy.
- Co-parenting communication Anger, boundaries and healthy aggression.
- Connection and repair

[Book an initial exploratory consultation with Hayley](#)



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