



Seminar Agenda
Saturday, November 4, 2023
8:30 a.m. – 2:00 p.m.

- 8:30 a.m. Check-in & Light Brunch
- 9:00 a.m. - Introduction & Welcome
10:50 a.m. **Trey Yates, Board Certified Family Law Attorney**
Founder of *The Guide to Good Divorce*SM
The Five Keys to Good Divorce
The Law of Divorce in Texas
- 10:50 p.m. - break
11:00 pm
- 11:00 a.m.- ***ANU beginning...an unpredictable journey where the end is a Nu beginning***
12:00 p.m. **Liebe Ostrow Miller, CLU, CSA, CFBS**
- 12:00 p.m. - break
12:15 pm
- 12:15 p.m.- ***Wellness & Diet in Divorce***
12:45 p.m. **Gabriella Serrati, CCFT (Certified CrossFit Trainer)**
- 12:45 p.m.- ***Good Divorce: From Overwhelm to Success***
1:15 p.m. **Mary Ann Hughes, former client, *The Guide to Good Divorce*SM**
- 1:15 p.m. - **Meditation**
1:30 p.m.
- 1:30 p.m. - **Circle of Gratitude**
1:40 p.m.
- 1:40 p.m. - Tiffany's necklace drawing (winner must be present to win)
1:45 p.m.
- 1:45 p.m. **"Ask the Experts" Q&A Panel**
2:00 p.m. **Trey Yates, Liebe Ostrow Miller, Gabriella Serrati, Mary Ann Hughes**
- 2:00 p.m. Conclusion, Networking, Evaluation Forms