

Peaceful Partings: Why an amicable divorce matters —

by Lisa Cogger, Head of Family Department & Collaborative Lawyer

The word “divorce” often carries with it an expectation of conflict — long, drawn-out disputes, emotional strain, and escalating legal costs. But in reality, divorce does not have to be a battleground. With the right approach and support, it is entirely possible to separate in a way that is respectful, constructive, and focused on the future.

I am a Collaborative Lawyer, which means I work with individuals and couples who want to move forward positively. An amicable divorce is not about ignoring emotions or pretending everything is fine — it is about managing the process in a way that protects your wellbeing, your finances, and, most importantly, your family.



Shifting the Mindset

One of the most important steps is changing how you view the path ahead. Divorce is not about “winning” or “losing.” The legal system is not designed to reward one person and punish the other. Instead, it aims to reach fair outcomes based on needs, resources, and, where relevant, the welfare of children.



When couples approach divorce with a combative mindset, it often leads to unnecessary conflict, increased costs, and delays. By contrast, a cooperative approach allows both parties to retain control, make informed decisions, and reach agreements that genuinely work for their lives moving forward.

The Importance of Amicable Resolution

An amicable divorce offers several key benefits:

- **Reduced emotional strain** – Minimising conflict helps both parties navigate the journey more positively
- **Better outcomes for children** – Children benefit enormously when parents maintain a respectful, cooperative relationship
- **Greater financial efficiency** – Avoiding adversarial proceedings preserves resources for the future
- **Faster resolution** – Agreements reached collaboratively are typically achieved more quickly than those imposed by a court

Even where there are disagreements – which is entirely natural – these can be managed constructively with the right support and structure.

A Different Approach: **Resolution Together**

The Eric Whitehead Partnership has announced it has started offering an alternative model which aims to make family disputes more amicable.

I am the first solicitor in Cheadle, Staffordshire and surrounding areas to offer the Resolution Together service.

To qualify for the Resolution Together approach, solicitors must be specifically trained by Resolution to ensure they can navigate the complexities of acting impartially while safeguarding each client's interest.

This model allows me to act for both parties jointly, rather than each person instructing separate solicitors. My role is to provide balanced, impartial legal advice to both individuals, guiding you through the process in a transparent and cooperative way.

Working together in this way can

- Encourage open and honest communication
- Reduce misunderstanding and mistrust
- Streamline the legal process
- Keep decision-making firmly in your hands

It is particularly well-suited to couples who want to remain on good terms, especially where children are involved, or where there is a shared desire to resolve matters with dignity.





Keeping Children at the Centre

For parents, maintaining an amicable approach is especially important. While your relationship as a couple may be ending, your role as co-parents continues. Reducing conflict and distress caused to the children whilst navigating a family breakdown, is something that I am very passionate about.

Managing Emotions and Making Decisions

Divorce is, of course, an emotional experience. Feelings of sadness, frustration, or uncertainty are entirely natural. However, it is important that these emotions do not drive key legal and financial decisions.

I often encourage clients to seek emotional support – whether through counselling, coaching, or trusted networks – alongside their legal journey. This allows decisions to be made calmly, with clarity and a focus on long-term outcomes.

Moving Forward with Confidence

Ultimately, an amicable divorce is about laying the foundations for the next chapter of your life. It is about approaching separation with respect, fairness, and a willingness to find solutions that work for everyone involved.

With the right guidance and a collaborative approach, it is entirely possible to part ways peacefully – preserving relationships where it matters most and enabling both parties to move forward with confidence.



If you are considering separation and would like to explore a more constructive way forward, seeking early advice can make all the difference.

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