



Breakthrough by Design podcast series

Breakthrough Breakups: Navigating divorce using the Breakthrough Manifesto principles

Suzanne Vickberg breaks down her divorce journey

Host:

Kim Christfort, Chief Innovation Leader, Deloitte Greenhouse®

Guest:

Suzanne Vickberg, Research Lead, Deloitte Greenhouse®

Kim Christfort: Our past few episodes have explored Breakthrough Manifesto principles that help prime the mind and catalyze aha moments. Today – we delve into how these principles can impact personal, real-life challenges. I'm speaking with a trailblazer who has harnessed the breakthrough manifesto to make real change surrounding...divorce. That's right. From reimagining the paradigm of separation to redefining her life post-divorce, Suzanne's journey is as inspiring as it is informative.

Suzanne Vickberg: "There are lots of different challenges in our lives where you might feel that you just have very limited options and the options that you do see are not anything that you want. And the approach that we ultimately took was really about creating a third option, you know, rejecting both of those status quo options, staying in an unhappy marriage or getting a traditional divorce"

Kim Christfort: That was Suzanne Vickberg, psychologist, coach, researcher, mom and my co-author of the Breakthrough Manifesto and

Business Chemistry. After applying breakthrough thinking to find a novel divorce solution to better meet her family's needs Suzanne wrote another book, 'Divorce by Design' – where she candidly shares her journey, providing invaluable insights on how she created a new path for her and her family. Today she joins us to dissect her personal narrative and demonstrate how the principles of breakthrough and creative problem-solving can be harnessed to tackle any life challenge and instigate a dramatic departure from the status quo.

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