

VNA TRINITY

Two pathways. One transformation.

VNA Trinity brings together two forms of support designed to help you navigate Family Court with both clarity and control.

We recognise that success in this process is not only about understanding the system, but also about how you think, respond, and show up within it.

Where you begin depends on what you need most.

My Story

Everything I offer through VNA Trinity was built from my own experience of going through Family Court proceedings that lasted over five years.

At the time, it felt like it would never end.

I remember receiving my CAFCASS report - and honestly, it completely shook me. I was a hardworking mother, providing everything for my daughter, while my ex had been absent. Yet the recommendation was for overnight contact. I couldn't understand how that decision had been reached.

That was the moment I broke.

But it was also the moment I decided something had to change.

I made the decision to get support - but more importantly, I made the decision to change how I was moving through it. I began focusing on my own personal growth, learning how my internal state was influencing everything around me.

And this isn't a sales line - but when I shifted, everything shifted.

What had felt like a never-ending process began to move. Proceedings that I had been told would go on indefinitely came to an end.

That experience changed everything for me.

I left my corporate career and went on to complete my postgraduate law degree, achieving a distinction. I then created McKenzie Friend in Need to support parents through the practical side of Family Court - the paperwork, the preparation, and the process itself.

But very quickly, I realised something important.

What people needed wasn't just support with their case.

They needed support with how they were thinking, reacting, and coping throughout it.

Because no matter how strong your case is, if you are overwhelmed, reactive, and stuck in fear - it impacts everything.

I began to recognise consistent patterns. In working with clients on their mindset, it became clear how powerful internal shifts were in changing the way everything unfolded.

What we focus on and how we approach this process matters.

I've had clients return to amend their orders - not because anything failed, but because they developed the clarity and understanding needed to navigate their case more effectively and achieve even stronger outcomes.

This process is like a game of chess.

You don't need to control everything - but you do need to understand how to play it.

Clarity changes how you think. The right support changes how you move.

Practical Court Support

This service is focused on helping you manage and navigate the court process with confidence.

McKenzie Friend In Need support may include:

- Clear guidance on the Family Court process, stages, and expectations
- Drafting and refinement of key documents, including statements, summaries, and chronologies
- Review of case materials to ensure clarity, structure, and alignment
- Organisation of evidence and preparation of court bundles (including pagination and layout)
- Strategic support in identifying key issues and structuring your case
- Hearing preparation, including what to expect and how to present your position effectively
- Support in managing communication and understanding court directions and correspondence
- Attendance at hearings for note-taking, reassurance, and in-court support.
- Ongoing, flexible support as your case progresses and evolves

Our aim is to provide clear, structured, and affordable support throughout your case.

M i n d s e t & P e r s o n a l T r a n s f o r m a t i o n

This service focuses on strengthening how you think, respond, and show up, particularly during high-pressure and emotionally charged situations.

Through The Reset Within, you will:

- Develop awareness of your emotional triggers
- Move from reactivity to intentional, controlled responses
- Reduce internal stress, anxiety, and overwhelm
- Build a resilient and focused mindset
- Restore confidence and clarity in your decisions

The aim is not only to support you through your case, but to create lasting internal change that carries forward into all areas of your life.

W h a t i s t h e D i f f e r e n c e ?

Each service supports a different part of your journey:

External – navigating the practical elements of your case

Internal – strengthening how you think, respond, and show up

Together, they create a more grounded, clear, and controlled approach to your situation.

They are also delivered differently:

The Reset Within is a structured 6–8 week programme with guided work and personalised support

McKenzie Friend in Need is flexible, adapting to your case as it progresses

Why This Approach Is Different.

Practical Court Support

Choosing support through a McKenzie Friend offers a different experience to working with a traditional solicitor or barrister.

This approach is not about replacing legal professionals - it is about providing practical, flexible, and cost-effective support, while keeping you fully involved and in control of your case.

A More Cost-Conscious Approach

Legal fees can quickly escalate, often placing significant financial pressure on families.

This service is designed to provide the support you need at a fraction of the cost, allowing you to focus your resources where they matter most.

In many situations, individuals are charged for routine tasks such as ongoing correspondence with the court or other professionals, which can quickly increase overall costs. With the right guidance, many of these elements can be managed independently.

You Remain in Control

You know your case better than anyone.

This approach allows you to stay fully involved in every decision, with support provided to guide and structure your case – not take it away from you.

This service allows you to take an active role in your case, while still having access to clear, structured support when you need it - helping you avoid unnecessary costs and maintain greater control throughout the process.

Clarity Without Complexity

Legal processes can often feel overwhelming and difficult to follow. Support is provided in a way that is clear, straightforward, and easy to understand, so you always know where you stand and what comes next.

Flexible, Ongoing Support

Rather than fixed structures or rigid processes, support is adapted to your needs as your case progresses, ensuring you receive the right level of input at the right time.

Stay in Control of Your Case - Without Unnecessary Legal Costs.

M i n d s e t & P e r s o n a l T r a n s f o r m a t i o n

This wasn't created from theory.

It came from living it.

I know what it feels like to be constantly on edge -
the anxiety when your phone lights up,
the fear when an email comes through,
the tension when the door rings.

I know what it's like to read reports that don't reflect your reality, and to feel judged, misunderstood, and completely out of control.

And I know what it feels like to feel alone in it – even when people are around you.

Repeating yourself.

Overthinking everything.

Feeling like no one truly understands.

That's the part no one prepares you for.

The Reset Within exists to support you through that.

Not just your case - but how you experience it.

The Reset Method

This is a structured process designed to help you shift from overwhelmed and reactive to calm, clear, and in control.

You will learn how to:

- Understand and manage your emotional triggers
- Break the cycle of fear, anxiety, and overthinking
- Respond with clarity instead of reacting from stress
- Regain control of your internal state, regardless of external circumstances

Because when that shifts - everything else begins to as well.

How It Works

The Reset Within is delivered through a structured 6–8 week programme, combining guidance, accountability, and personalised support.

- **1:1 Coaching Sessions**

Weekly sessions focused on your situation, helping you apply the work in real time

- **Weekly Check-Ins**

Ongoing support between sessions to keep you grounded, supported, and on track

- **Accountability**

Clear structure to ensure you are implementing what you learn, not

just understanding it

- Guided Homework & Tasks

Practical exercises designed to create real, lasting change in how you think and respond

The Outcome

You don't just get through the process.

You move through it feeling:

- More calm
- More clear
- More in control

And that changes everything.

If you'd like to explore which option is right for you, feel free to get in touch or book a consultation.

Hello@VNATrinity.com

Important Information

McKenzie Friend support is not a substitute for legal advice or representation.

You remain responsible for your case at all times.

Court decisions are made independently of any support provided.

Where necessary, you may still wish to seek advice from a qualified solicitor or barrister.

The Reset Within is a coaching and personal development programme, not therapy or medical support.

I do not act as a licensed therapist, psychologist, or healthcare professional.

This service is not a substitute for professional medical or mental health advice.

You are encouraged to seek qualified support where appropriate.

All guidance is intended to support your personal awareness and decision-making.

You remain responsible for your own choices, actions, and outcomes.