



# What to Expect When Moving On: Building Confidence and Breaking Free from the Third Wheel

PRESENTED BY: THE EDWARDS LAW  
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NCC

DATE: FEBRUARY 10, 2025



# Meet Your Hosts



V. Joy Edwards

**The Edwards Law Group:** A family law firm dedicated to empowering individuals through life transitions with compassionate legal guidance and tailored support.



Anne Pedrick

**Anne Pedrick, APC, NCC:** A licensed therapist specializing in grief, trauma, relationship counseling and helping individuals build self-confidence and identity as they navigate personal growth and new beginnings while processing past experiences

# Overview:

# What We'll Cover Today

What to Expect When  
Moving On



- Spotting Red Flags and Protecting Your Heart
- Embracing Non-Traditional Ways to Meet People
- Building Confidence as You Step into a New Chapter

# Know the Signs: Red Flags in Relationships

- Common patterns to watch for in potential partners.
- How to trust your instincts and set healthy boundaries.



# Beyond the Usual: Exploring New Avenues



60%

Nearly 60% of divorced individuals have tried online dating, with many finding it a convenient way to meet new people while balancing the demands of post-divorce life.

# Beyond the Usual: Exploring New Avenues

- How online dating has reshaped modern relationships.
- Tips for staying safe and authentic in digital spaces.
- Alternative ways to meet people (e.g., hobbies, volunteer groups).



# Rediscovering You



1

Steps to rebuild your self-esteem post-relationship.

2

The power of self-care and personal growth.

3

Setting achievable goals for the next chapter of your life.

# Interactive Q&A; Your Questions, Answered

- We encourage participants to ask questions live or submit them anonymously.





# Take the Next Step

Learn more about The Edwards Law Group's services for individuals navigating life transitions.

Schedule a consultation with Anne Pedrick, APC.

Links to resources (e.g., self-confidence guides, online dating safety checklists).



*Thank You for  
Joining Us!*

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- We are here to help, however we can. You got this!