



Patty Swyden Sullivan

BIOGRAPHY

Patty Swyden Sullivan is a divorce recovery and relationship specialist. Sullivan is also a Kansas state-approved Domestic Relations Mediator with over one-hundred hours of mediation course work. She has studied the aftermath of divorce in people of all ages and has personally survived a long-term marriage ending in divorce. The Principles of Panache, a set of ideals to promote healing and adopt a philosophy of embracing as opposed to resisting life's challenges, was written based on the work Sullivan conducted with members of various divorce organizations including Sassy Pink Peppers.

Sullivan quickly realized after receiving her certificate of approval in Domestic Relations that mediating would not be her true calling. As she sat in on domestic mediations, she found her sympathies leaning toward the wife; a mediator must be neutral. There is no room for even the slightest inclination toward either party in mediation. Sullivan began to do volunteer civil mediation until she found an outlet for her desire to help women to recover from divorce.

She became a consultant to women divorce groups and women's divorce coach, practicing both of these vocations through local and Internet organizations. Most of her divorce coach work has been through Sassy Pink Peppers, an international organization based in St. Louis, Missouri, for which Sullivan writes a column and holds the position of Pepper Patron Consultant. As Pepper Patron Consultant she writes a motivational column Pepper Panache, as well as, working with members one-on-one to coach them through their divorces and recovery from their divorces. Sullivan also served as a board member for Midlife Divorce Recovery, a national organization based in Kansas City, Missouri.