

Deborah
Trenchard, 58,
is divorced and
lives in London.
She wears her
own dress, a
belt from Marks
& Spencer
and Carne
Copenhagen
earrings



DEBORAH, 58

'It sounds crazy but, at 58, I feel younger than ever. Six years ago I divorced my husband, Chris, after 21 years of marriage. We were together for a long time, but I decided to move on. There was no communication and, because I had to stay at home and look after our daughter, I felt I was being dictated to financially. I wanted to break

“I now feel ready to meet someone else”

away and make my own decisions.

Despite our differences, Chris was a wonderful father. Oliver, our son, is 25 and we have a good relationship, but Tiffany, our daughter, sadly died two years ago, just before her 21st birthday. She was born with heart and lung problems, and often had to be rushed to hospital. Although her death was heartbreaking, I knew she'd had a happy life.

After Tiffany died, it was time for me to start my life again. I went

to America to retrain as a life coach because I wanted to continue Tiffany's legacy by helping others. I believe that if you have the strength to get up again after something terrible then you should use your experiences in a positive way. I set up my own business and it has been so therapeutic for me. I also now feel ready to meet someone else and I know he's out there somewhere.

During her lifetime, Tiffany received the best possible care at the Royal Brompton Hospital. After she died I wanted to express my gratitude, so I became a volunteer in my spare time; I chat with patients and try to cheer them up.

The money I got from my divorce wasn't enough for me to buy a house, so I rent a flat in London. When I was married I had a big house and nice cars, but I didn't have the freedom I have today. I'm so much happier now – and I can always take the bus! *For information on Deborah's life-coaching business, visit stepstochange.co.uk*