



**CO-PARENTING  
COMPANION**  
— WALKING WITH YOU —

## **MEDIA RELEASE**

# **Local Woman Tiffany Rochester Nominated in the Women Changing the World Awards**

### **FOR IMMEDIATE RELEASE**

**Perth, Western Australia, 21 March 2024** - Tiffany Rochester, Founder of Co-Parenting Companion, has been announced as a nominee for the 2024 Women Changing the World Awards.

Presented by Sarah, Duchess of York and Dr. Tererai Trent, the Awards celebrate women achieving outstanding success in sustainability, humanitarian work, leadership, advocacy, tech, product development, education, health and innovation.

Sarah, Duchess of York and Dr Tererai Trent's powerful call to action aims to awaken hearts and inspire people to come together to forge a brighter path for all. Their collective vision extends beyond conventional recognition, aiming to amplify the voices of those often overlooked, yet whose contributions are invaluable. The awards celebrate individual accomplishments and seek to inspire others to create change in ways both big and small.

Sarah, Duchess of York says: "Our aim is to give voice to silent whispers. We want to lift women up all over the world and tell their stories."

Dr. Tererai Trent adds: "These exceptional women are here to awaken hearts, give permission to recapture dreams and inspire the women of the world to come together to forge a brighter path for all."

Trained in Psychology, Tiffany founded Co-Parenting Companion to provide separated families with evidence-based, compassionate collaborative solutions as an effective, accessible alternative to the traditional pathway of litigation.

Her big-picture vision extends beyond immediate alternative dispute resolutions to fundamentally reshaping how society supports families post-separation for the lifespan of the child.

When asked what inspired Tiffany to do this work, she said, “The legal pathway can cost families more than \$300,000 and take up to four years. It was never the right answer. The foundations of psychology, not law, pave the pathway to healthy co-parenting after separation. I was done waiting for someone else to get on with it.”

Tiffany gives this advice for others thinking about following their calling to create change in the world, “It’s ordinary people that do the most extraordinary things. Don’t wait to feel ‘special’ to start - the things you care about are too important.”

Tiffany is proud of Co-Parenting Companion’s achievements. In the last 12 months she has grown from a solo endeavour into an incorporated entity and five-member team. Her unique service delivery model increases efficiency and affordability for separated parents while fostering connections among participants. Many Perth Family Lawyers refer clients to her due to the observable change in calm, child-centred negotiation, increasing the speed and success of dispute resolution processes.

Tiffany attributes her success to being raised in a family of social justice advocates, innovators and change agents committed to community engagement and systemic change.

The winners of the 2024 Women Changing the World Awards will be announced in London, United Kingdom this May.

### **About Co-Parenting Companion**

The first of its kind in Australia, Co-Parenting Companion is a Coaching service to support separated parents to co-parent with simplicity and ease as they raise children in one family across two homes. Through their signature program, the Co-Parenting Intensive Reset, participants are guided to reconnect with their values and learn effective strategies for raising children across two homes, with self-care for the complicated thoughts and feelings that are part of co-parenting with an ex. Co-parents are welcomed into the Co-parenting Companion community, with monthly group coaching calls and an extensive membership resource base of videos, tip sheets and how-tos to keep co-parenting low-conflict and effective. As a qualified Collaborative Coach, Tiffany coaches co-parents to reach Parenting Agreements and facilitates non-adversarial collaborative separations with a team of Family Lawyers, Accountants and Financial Advisors. Find more information about how Co-Parenting Companion is changing the landscape of separated co-parenting at <https://coparentingcompanion.au>

### **Media Contact**

Tiffany Rochester,  
+61 8 9374 2260  
[media@coparentingcompanion.au](mailto:media@coparentingcompanion.au)

## **Related Links**

<https://coparentingcompanion.au>

For more information on the Women Changing the World Awards visit <https://wcawards.com>