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'I was scared, lonely': How her own divorce led Middletown woman to start divorce coaching

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Growing up in Leonia in Bergen County and spending every summer at her family's shore house in Monmouth Beach, Jenine Marie Powell — owner of SOS Divorce Coaching in Wall — could never have imagined that she would turn one of the most traumatic experiences of her life into an opportunity to help others through one of theirs.

"I was always interested in human nature," said Powell, 52, a Middletown resident who graduated from Ursinus College in Pennsylvania with a degree in psychology and English and later earned a master's degree in journalism from New York University. As editor-in-chief of Manhattan-based parenting publication ParentGuide News, "I learned so much about pregnancy and parenting and the job really prepared me for motherhood," said Powell, who married in 1998 and had two children.





© Thomas P. Costello Jenine Marie Powell is shown in the Wall office of SOS (Starting Over Single) Divorce Coaching Monday, October 18, 2021. Her business is dedicated to helping people survive and thrive through their divorce and beyond.

In 2012, however, her life was upended when her marriage unexpectedly ended in divorce.

"The experience was horrific, just awful," she recalled of a marriage that she thought was happy and a

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