

# The gurus' guide

## RELATIONSHIPS

**Dr JOY BARREDO** coaches single people looking for love as well as couples in a relationship



The best time to look for love is when you're happy on your own. Make a list of everyone you know, tell them you're looking for love and ask if they know someone they can introduce you to.

Travelling solo is a great way to meet a prospective partner. Also check the business or community section of the local newspaper for promotions and achievements. If you see an attractive person, drop them a congratulatory note. You never know, it could lead to an introduction!

If you're in a relationship keep the surprises coming and do little things for your partner such as leave love notes on the bathroom mirror, prepare his lunch now and then or give a sensual massage.

Dedicate one evening a week as date night. You don't have to go out, it could be a make-your-own pizza night or movie night. Be generous with hugs to stay connected.

● [yourlovecoach.co.uk](http://yourlovecoach.co.uk)

## PARENTING

**JUDY REITH** helps solve parenting dilemmas and is the author of *Teach Yourself Motherhood*



Imagine overhearing your children describing you. What do you hope they would say? That you buy them lots of treats or that you listen to and love them?

Listening to your child in a non-judgemental way helps them feel loved and shows respect. Remember, only by giving out respect can you ever hope to get it back. So no matter how busy they are I always tell clients: you can't afford not to have the time to listen.

Want to stop yelling? Then imagine shouting was against the law. That way you'll be more inclined to persevere with using a reasonable tone until you get results.

Finally, take care of yourself. You're more likely to shout and lose control if you're tired so set aside time to recharge your own batteries. Even five minutes a day to shut your eyes or finish a cup of tea will help.

● [parentingpeople.co.uk](http://parentingpeople.co.uk)

## FINANCES

**SIMONNE GNESSEN** is an independent financial adviser and is the co-author of *Sheconomics*



Identify the emotional triggers that make you spend. Keep a diary and note the time of day and how you were feeling when you spent. Were you

**KIM JONES** asks eight of the UK's leading tips on everything from how to find love



bored, depressed or do you shop out of habit? Then find alternative ways of filling that time, emotional gap or need.

So if guilt about not spending time with your children motivates you to splash out on gifts for them, make a pact to play a game with them that evening instead.

Also, if you spend because you've worked hard and need a treat, reward yourself with an afternoon off to read a book or take a long, hot bath. If you want to make a luxury purchase choose one that is useful but makes you feel special, for example a lavish handwash rather than a cheaper version.

If shopping is a lunchtime habit try turning left instead of your usual

route right to the shops. A client did this and discovered a whole part of town she never knew, including the library, which was free.

● [sheconomics.com](http://sheconomics.com) or [financial-coaching.co.uk](http://financial-coaching.co.uk)

## CAREER

**MARIANNE CRAIG** is a life coach specialising in helping people at a career crossroads



If you're bored in your job, before handing in your notice, take responsibility for making your work day more interesting. Wake up every morning telling yourself you're going to do everything to the best of

your ability. Say hello to colleagues, meet them, engage with them.

Give yourself a treat on a weekday. Go to your favourite shop on a Friday or book a massage on a Thursday.

People often find themselves enjoying their job more when their attitude to it changes.

If you're determined to make a career change, don't be put off by childhood passions. Imagine you're too old to follow childhood passions.

Talk to people who have changed their field you want to get into. E-mail strangers on LinkedIn.com – a great professional networking site.

● [coachlifeandcareer.co.uk](http://coachlifeandcareer.co.uk)



# le to a better life

ading self-help experts to give their top  
love to the secret of a happy retirement

Picture: CAMERA PRESS

**HAPPY DAYS:**  
Be sure to focus, plan and persevere to reach your goals

marriage: your children, lovely in-laws and good friends you may have met through your ex-husband.

Now is a good time to rearrange your home and put your stamp on it. Move the furniture around to create a new feel, decorate with a wallpaper he'd never have liked and buy smart new duvet covers.

Pick up activities you sacrificed in your marriage. Join a choir, dance class or engage in new adventures. I recommend [spiceuk.com](http://spiceuk.com) as a great national adventure, sports and social group. Keep old friends but make new ones who don't know you as part of a couple and feel energised by them.

● [newhorizons-divorcecoaching.co.uk](http://newhorizons-divorcecoaching.co.uk)

## FITNESS

**CHARLOTTE ORD** is a personal fitness coach



List your goals. So you want to lose weight? Start by writing down the reasons why you want to do this. Maybe you're having trouble conceiving or have been hurt by comments. Understanding what motivates you and how you'll feel when you achieve your goal is the first step.

Exercising without a well thought-out programme is like getting in a car without knowing where you're going, so get expert advice.

Average gym users spend four hours a week working out so the exercise you choose needs to have an impact on the other 164 hours. Resistance and interval training – bursts of high-intensity work interspersed with short rest periods – will minimise gym time and boost metabolism so you'll burn more fat, even when you rest.

● [charlotteord.com](http://charlotteord.com)

## RETIREMENT

**ANN HARRISON** is a coach who specialises in helping people plan their retirement



Most people spend more time planning their annual holiday than their retirement. Up to two years before retiring you and your partner should write down a list of things you want to do. Hopefully you'll have vaguely the same ideas but if not come to some fair agreements. Maybe you'll choose the holiday one year and he can the next. Living someone else's retirement will cause resentment and unhappiness.

Recognise what benefits your job gave you and make plans on how to keep or replace those benefits. So if it's friendship with colleagues, realise you will have to make the effort to invite them out as they will be busier than you. If work gave you a sense of purpose, look into volunteering. Practise living on the income you'll have at retirement. You may realise a part-time job could come in handy.

● [contemporaryretirement](http://contemporaryretirement)

Say hello to work  
meet their eye and  
them.  
elf a treat every  
to your favourite coffee  
day or book yoga after  
ursday.  
n find they start  
r job more when their  
changes.  
etermined to make a  
e, don't be afraid to  
ood passions and never  
are too old.  
ple who work in the  
t to get into. Don't be  
rangers if necessary. Try  
– a great resource for  
networking.  
ndcareer.com

## FOOD AND DRINK

**KATE COOK** is a life coach who specialises in easy-to-follow advice about nutrition



Managing your time will help you eat better. Schedule time in your diary to shop for food, in person or online. Make it a priority you can't cancel.

Buy healthy store-cupboard basics such as brown rice, tins of chickpeas, lentils, tuna, frozen fish and vegetables so you always have the basics for a healthy meal.

Also factor in time for breakfast by getting up 10 minutes earlier. Get over your psychological block

of cooking in the morning. Porridge sprinkled with nuts for protein only takes a few minutes and starts off good nutritional habits that you're more likely to keep through the day.

● [thenutritioncoach.co.uk](http://thenutritioncoach.co.uk)

## DIVORCE

**ANNIE O'NEILL** helps people move on after a difficult divorce



Staying bitter only hurts you so let negative emotions go. You may feel angry that you think you wasted so many years of your life. Try to remember the good things that came out of your