

'I now feel ready for a new relationship'

We help Debbie Hanson, 35, rebuild her confidence after a painful divorce

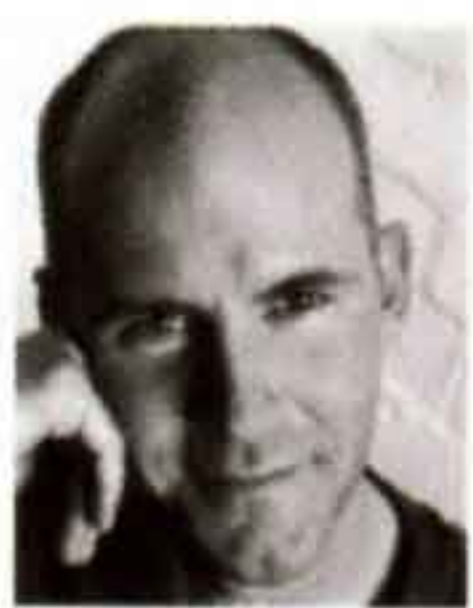
WORDS REBECCA SPEECHLEY PHOTOGRAPHS JULIE FISHER



DEBBIE TOLD US...

'I've been single for four years following a difficult divorce. I want to find someone new, but the longer I leave it, the harder it seems. My confidence is an issue at work, too. I love my job working with children with special needs, but I hate giving presentations to staff. I get so stressed it makes me feel sick. I'm not happy with my looks, either. I rarely smile because I hate my teeth – they're so discoloured. I've also gained weight recently, so none of my clothes fit – and I feel unattractive. Even my glasses look frumpy.'

the life coach



Michael Myerscough is a relationship coach specialising in dating confidence.

For more details visit

www.therelationshipgym.com.

Michael says 'Debbie wants to find a new relationship, but having been single for four years following a 12-year marriage, she's lacking in confidence. Most women don't really know what sort of man they're looking for, so I asked Debbie to think about exactly what she wants. Reviewing your last five relationships can help you pin down the qualities you're after. Ask yourself what traits you never want to see again as well as the things you'd like in a new partner, such as an affectionate nature.'

'We all attract our emotional equal, so Debbie's next task is to make sure that she is as happy and confident as possible. If she's feeling bad about herself, then she'll shoot low and end up with an unsuitable guy, but will stick with him because she feels he's as good as she can get.'

'Debbie isn't happy with her weight or the way she dresses, but she's already taken the first steps to change this. I asked her to make a list of 20 outstanding qualities that make her a special person. This could be an

unusual hobby, a fantastic achievement or an endearing quality, such as being a great listener. This list is a real confidence booster – if Debbie meets a guy and he gives her the brush-off within minutes she'll know it's his problem, not hers, because he didn't take time to discover any of her qualities.'

'Debbie's next step is to start generating dates. Internet dating is a great way to do this because she can get to know guys before meeting them in the flesh. Debbie's also really interested in trying ballroom dancing, which is a fantastic idea and it will be a great way to meet men.'

'Debbie is very upbeat and enthusiastic and, once she's addressed her issues and worked out what she wants from her ideal man, I've no doubt she'll find someone great.'

To win a copy of Michael Myerscough's Finding Mr Right course, visit www.therelationshipgym.com/zest.htm.



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