

CASE STUDY: Banking Analyst, London, UK

"You are the best investment I ever made in myself"

If asked to describe herself, she would probably downplay it. She would tell you that she lives in London. That she's got a good job that pays well. She would tell you that she's happily in a relationship.

What she might leave out is that she's been highly successful from a young age. She bought her first home in her early twenties. She works a high profile job that has her regularly meeting with Directors and C Level Execs in one of the biggest industries in the world.

To quote her, *"Every part of my life was working perfect, but when it came to relationships...it never worked out."*

The Challenge

In 2011, she went through a challenging divorce and found herself back in the dating pool. The experience was a frustrating one. On one hand, she knew her mind was tripping her up – it would hold her back from dating the men she was really attracted to. It would tell her that the men would flat out reject her, and that the rejection would hurt. But even when her mind wasn't busy playing saboteur, it still felt like she was always meeting the wrong men.

After a particularly bad breakup, she went looking for answers.

"It can't be all men, it just can't be. I'm the common denominator here..."

She knew that talking to friends and family, all she would get was advice. It was all given out of love and care, but she knew that it wouldn't make the difference she was looking for.

"They're biased. They love you so much and they try to give you the answers. What I wanted was someone independent. [...] Sometimes you can't tell your friends 'I feel really worthless'."

After interviewing and rejecting several coaches, she finally got a recommendation one afternoon from another coach – and that's when I met her for the first time.

By using GDG, she was guided through locating and disrupting deep-rooted, unconscious patterns. The same patterns that kept her from being in a relationship with the high quality man she deserved.

Beliefs like:

- "I'm not good enough"

- "I'm running out of time"

- And the fear that eventually, the man she was seeing would leave.

How to breathe life into your personal love story with coaching...

"This is a really safe place. You ask the right questions, you don't give the answers. But you ask the questions in such a way that I get to the answer and I don't know how you do that! But that sticks with me, because it's MY answer. And that's probably why it's been so transformational. It's my answers that I've found with you."

More than 94% of our brain function happens without us knowing about it. It's the reason why we don't have to think to digest food, or have our hearts beat, and it's ALSO the reason why it's SO hard to stop our emotions from taking over.

For example, if the brain decides it's going to be sad after a breakup, most of us can't do anything besides hang on for the ride. The same thing happens with our old patterns and limiting self beliefs.

If my unconscious brain believes I'm unworthy of love, it will find ways to sabotage me.

-I'll get nervous and stutter on first dates.

-I'll unconsciously hunch and try to make myself smaller around the people I'm attracted to.

-I might even lose my ability to make good, playful conversation or forget words.

This is the sympathetic nervous system at work. Basically, our fight or flight response.

So how does our story end?

By taking on our coaching process and taking big action, our hero learned to interrupt those thoughts and get her brain on HER side.

After that, the relationships and dating were almost too easy. It was so easy to let her guard down, relax into the date, and show up as her playful authentic self. What most people don't realize is that successful dating isn't about trying to fix yourself or slap on a new layer of paint. It's about letting down your guard so the vulnerable, genuine you begins to shine through. This is something men cannot resist and is something every man NEEDS before he will commit.

That's when she met him.

Their 2nd date he took her on a hot air balloon ride and then organized a picnic later that evening.

A week later, he told her he wanted to plan out a birthday celebration for her, just the two of them together. Her birthday wasn't for another 2 months.

A month after that, he was chomping at the bit to introduce her to his parents.

Our hero has since continued on to career coaching with GDG.

She doesn't stay up at night worrying about whether or not the relationship will fail. She knows how to powerfully work through conflict so that fights help her relationship grow stronger.

She knows herself today as someone who is good at relationships - she even forgot that once upon a time, dating was a challenge.