

## Singles File

### Relationship coaching



Michelle Zelig-Pourau from Personal Power International is a certified life coach who aims to help people find the love of their life and the life they would love. "Our mission is to not only help people improve the quality of their relationships but to motivate people into seeking and finding a life-long

relationship," says Michelle.

But why use a relationship coach? "Coaching can help people learn what causes relationships to fail, to know how to find a life partner, to know if a relationship is right, and whether they are truly ready for a committed relationship. The course has been developed for those who are serious about finding a successful life partnership," says Michelle.

"The process of self-discovery, learning about relationships and how to make successful relationship choices cannot, in my opinion, be effectively self-taught or obtained from a book. Growing numbers of people are aware that, just like personal trainers at a gym, using a life coach is the most effective way of translating knowledge into practice."

The first stage of relationship coaching addresses three critical questions: Who am I? What do I want? How do I get what I want? Coaching activities could include looking at relationships from the past and why they failed, personality assessment, developing a profile for a life partner, and developing a relationship plan.

The second stage is attraction coaching, which focuses on meeting a life partner. Michelle helps clients become more effective at meeting people and discusses whether they are ready for a relationship, and helps them keep on track with their relationship plan.

The third stage is pre-commitment coaching for those who have met someone they consider a candidate for a long-term relationship. "When clients meet someone special, coaching activities can include becoming clear about whether the relationship is right, having a reality check, and developing strategies for decision-making." The fourth stage is effective for those who believe they have indeed met Ms or Mr Right. Michelle advises on getting the relationship off to a good start, overcoming any obstacles or issues, and building lasting intimacy, trust, communication, love and fulfillment.

Along with personal coaching, Michelle offers two relationship tele-classes entitled "Are you ready for a relationship" and "Finding your perfect match" — conference calls perfect for busy singles who want to do a class from home. Six-week workshops on the topic of "Taking Control of Your Love Life" are also available. For further information, contact Personal Power International on 9527 9775 or visit [www.personalpowerinternational.com](http://www.personalpowerinternational.com).

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