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## Dating Coaching: How Can It Help You?

 By [Gayle Crist](#)
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When I was divorced in 1995 at age 41 and decided to start dating again, I wish I knew there was such a thing as a dating coach! After 16 years married to the same man and only four significant relationships before marriage, I was not too savvy about dating in general. And I was totally clueless about dating etiquette in the '90s, who might be a good partner for me at this stage of my life, and places where a single mother of two could meet someone who'd be interested in her. I could've used some guidance from someone with experience in navigating the over-40 dating world...which is why, after I remarried, I decided to become a coach and help people in that very same boat!

A dating coach is a personal life coach whose main niche is helping you find the love of your life. Rather than a matchmaker, she's someone who helps you find and navigate various avenues for meeting other single people, prepare yourself for having a relationship healthier emotionally and "being" who you want to attract, and clarify compatible partner...so you can more easily spot that person when he

The various avenues for meeting can include online dating, speed dat

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groups, regional singles events, and dating services. The coach has personally experienced good examples of each of these in your area, provide information for you to use in making informed decisions about options to try. An online dating coach helps you write effective, result profiles; choose the most appropriate dating sites for finding your type; draft your initial e-mails to prospects; and rethink your choice of sites getting the results you want. She also helps you stay upbeat and not discouraged in your search and to believe in yourself when you lose contact

In the area of confidence, a dating coach helps you see yourself as "a winner" and reminds you of that whenever disappointments get you down. You get more success in attracting dates when you're feeling good about your coach makes sure you do. She reminds you of your assets at every one of your biggest cheerleader every step of the way. She helps you plan an "action steps" you name as you work toward your goal of finding a partner you to succeed in that quest as much as you do! In my case, I'm so fortunate in marriage that I want everyone else to be this happy too, and I LOVE to find what I have by avoiding the mistakes I made along the way.

In short, dating coaching can help save you time, money and aggravation on the road to love. You'll have the moral support you want and need to keep navigating the ups and downs and natural cycles of learning more about what kind of relationship is best for you at whatever dating stage you are in.

For more information about dating coaching, visit [www.healthylifeplanning.com](http://www.healthylifeplanning.com)

Gayle P. Crist, M.S., founder and president of HealthyLife Planning, is a dating coach based in Doylestown, PA. Trained at the Institute for Life Coaching, she has been coaching individuals since January, 2002. A "natural cheerleader" in her life, Gayle's passion is helping people live healthier, happier lives. As Bucks County's Dating Coach and Director, Gayle hosts monthly singles parties and book discussion groups for singles 35-65 easier, more comfortable ways to connect. Gayle knows from personal experience how hard it is for older singles to find partners. Not Married for 16 years prior to her divorce in 1995, she was a single mother for 10 years before meeting her 2nd husband online at age 50. She says "love is time around" is amazing and adores helping others make the same discovery.

Gayle specializes in helping singles succeed with healthy, safe online dating; divorced people make healthy transitions into single life; those adopting new lifestyles; and people starting a new business.

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