

Three-quarters of women want to be in a relationship

Women over the age of 30 would like to be in a committed relationship, however only around 40% of them felt they had a good chance of finding love.

This was the key finding in research undertaken by [Beswitchedon](#), the Edinburgh-based consultancy which offers advice on how to find your ideal partner.

Director Karen Barr, said:- ‘Interestingly, everyone we spoke to was very happy to talk about ‘love’ and virtually everyone wanted to be in a relationship. For many of them it was about ‘how do I find that someone special?’ There is no doubt that the internet was by far the most commonly quoted method to try, however it doesn’t always provide the answer.

For many women there are barriers preventing them finding love, these range from questioning themselves on ‘am I too fat, too old or unlovable?’ to ‘where have all the good men gone?’ The way many women rate their chances of finding love definitely influence their thinking. My [Beswitchedon](#) workshops help to address these issues and break down the barriers.’

Karen originally launched Beswitchedon in 2004 as an executive coaching company. However she quickly identified a need in the market for single women who really wanted to be in a loving relationship, yet were unable to find one. Since that time she has successfully helped women break down the barriers preventing them from finding Mr Right.

Many years of research, listening to what women had to say about men, about love and about relationships disclosed some general underlying beliefs and unconscious commitments which were in direct conflict with the loving relationships women

wanted.

beswitchedon takes you through the seven step Awaken Love process which uncovers, clarifies and develops what you really need to know in order to find the right relationship for you.

Karen continued:- 'Some of the common statements we hear about men include, "there are no good men out there", "all the best ones are taken", "all men are" and so on. All this from women who so dearly wanted to be in love! It was as a result of listening to this type of feedback that helped me to think that the approach we adopt in a business context might be transferrable to our personal lives.

'By taking the steps and using the tools, you will learn how to find the man you should be looking for. Awaken Love is a safe and practical experience which will leave you emboldened, excited and ready for love.'

During the workshops Karen uses proven techniques designed to expose and explode limiting beliefs, together with some practical, down-to-earth advice. She added: 'beswitchedon offers a programme guaranteed to bring more love into your life.'

Having worked with successful women over a period of five years Karen has helped them overcome a variety of issues from fear of being hurt again or shyness to fear of meeting new people and to find themselves partners and in a loving relationship.

Karen runs the day-long workshops across Scotland during which clients are encouraged to focus on the issues that have stopped them finding a relationship and to create a plan to follow.

As part of the process they are introduced to the seven steps which include:

- Making a commitment to yourself
- Letting go of any past hurts
- Getting clear on what it is you want

For further information on beswitchedon or the forthcoming workshops, visit www.beswitchedon.com or email karen.barr@beswitchedon.com