



Log on: Overcome your love-life woes with the help of an online 'love coach' CORBIS

Google a guru and find love

We date online, so why not get advice that way, too? By **Helen Croydon**

WHILE in years gone by we might have hit the wine bars to lament our dating woes, these days we're turning to virtual relationship gurus for guidance. Your own 'love coach' will help you explore your relationship history, set goals and tasks and help you write that awkward dating profile. All without leaving your living room.

Sex and relationship therapist Sarah Berry says it's part of our virtual way of living.

'With the rise of social media, people are less used to meeting others in social situations,' she says.

'Online dating has become more acceptable, so looking for dating help online is the natural next step – but do your research and investigate how they work.' Here we've done some of the groundwork for you...

BeLoveCurious.com

One of five therapists and counsellors will give you a one-on-one session. Be prepared for tough questions and to face home truths. Founder Helen Rice says it's a cross between therapy and dating advice from a friend. 'We help people look at their stories about love and sex so they can realise what they want,' she says. 'We are trained relationship therapists but this isn't "deep" therapy. It's relaxed, fun and accessible.'

One-hour sessions from £55

Idatingzone.com

This is a dating site with its own resident love guru. Coach Ivana

Franeкова offers a no-nonsense approach, promising to get people on a date within ten days. She even accompanies some nervous types on their first date. 'I tell people online that dating isn't dating, it's pre-selecting the person you will go on a date with,' she says. 'So don't fall in love with a profile until you've gone on a real date.'

One-hour sessions from £50

BeckyWalsh.com



In tune: Becky Walsh

If you don't trust your judgment, or keep picking bad ones, maybe you need to get in touch with your intuitive side. Becky Walsh, a communications expert and author of *Intuitive Lovers*, offers consultations in person or over Skype. She'll teach you the skills to

recognise when someone is interested, to read body language and master listening skills. 'I teach people to become clear of foggy thinking and bring them closer to heart-based decisions,' she says.

One-hour sessions from £65

AuthenticDating Coach.com

Jamie Illingworth is a Leeds-based life coach who has turned his skills to helping lovelorn daters. He's not the cheapest but he will challenge you, working on the image you project and following up Skype sessions with email summaries and links, as well as tasks for the week ahead, so it goes beyond the virtual experience.

£200 per session, five for £800. Each session lasts up to two hours

LOVE ON TEST THE VIRTUAL RELATIONSHIP COACH

Helen, 37, tests BeLoveCurious.com

'My only issue with my love life is that I don't want a full-time one. I love my freedom and am most content when I have an occasional lover to see once a month or so. I used to worry that this made me a commitment-phobe.

'Time and time again I would try a conventional relationship, thinking it would be good for me but as I've got older I've found the confidence to admit

what suits me best. So I was apprehensive about seeing a "love coach". I thought they, like many people, would try to convince me I was missing out and that a relationship could make me happy, when I'm already happy.

Therapist Helen Rice probed me to spot patterns in relationships and articulate feelings



In-depth: Helen Rice

at different stages of relationships. She was interested in the fact that I can't sleep when sharing a bed with a guy. Instead of trying to convince me I could get used to it (as most people do), she encouraged me to take ownership of it so it's not such a barrier to a relationship. It was fun sharing my stories but mostly I enjoyed the self-indulgence of a deep me-chat for a whole hour.'

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