

Dr JOY BARREDO
coaches single people
looking for love
as well as couples
in a relationship



● yourlovecoach.co.uk

JUDY REITH helps solve parenting dilemmas and is the author of *Teach Yourself Motherhood*



● parentingpeople.co.uk

SIMONNE GNESSEN
is an independent
financial adviser and
is the co-author of
Sheconomics



Identify the emotional triggers that make you spend. Keep a diary and note the time of day and how you were feeling when you spent. Were you

KIM JONES asks eight of the UK's leading experts for their top tips on everything from how to find love to how to get your ex back



If shopping is a lunchtime habit try turning left instead of your usual

MARIANNE CRAIG is a life coach specialising in helping people at a career crossroads



If you're bored in your job, before handing in your notice, take responsibility for making your work day more interesting. Wake up every morning telling yourself you're going to do everything to the best of

● *coachlifeandcareer*

le to a better life

ading self-help experts to give their top
love to the secret of a happy retirement

Picture: CAMERA PRESS

HAPPY DAYS:
Be sure to focus, plan and persevere to reach your goals



marriage: your children, lovely in-laws and good friends you may have met through your ex-husband.

Now is a good time to rearrange your home and put your stamp on it. Move the furniture around to create a new feel, decorate with a wallpaper he'd never have liked and buy smart new duvet covers.

Pick up activities you sacrificed in your marriage. Join a choir, dance class or engage in new adventures. I recommend spiceuk.com as a great national adventure, sports and social group. Keep old friends but make new ones who don't know you as part of a couple and feel energised by them. newhorizons-divorcecoaching.co.uk

FITNESS

CHARLOTTE ORD is a personal fitness coach



List your goals. So you want to lose weight? Start by writing down the reasons why you want to do this. Maybe you're having trouble conceiving or have been hurt by comments. Understanding what motivates you and how you'll feel when you achieve your goal is the first step.

Exercising without a well thought-out programme is like getting in a car without knowing where you're going, so get expert advice.

Average gym users spend four hours a week working out so the exercise you choose needs to have an impact on the other 164 hours. Resistance and interval training – bursts of high-intensity work interspersed with short rest periods – will minimise gym time and boost metabolism so you'll burn more fat, even when you rest.

● charlotteord.com

RETIREMENT

ANN HARRISON is a coach who specialises in helping people plan their retirement



Most people spend more time planning their annual holiday than their retirement. Up to two years before retiring you and your partner should write down a list of things you want to do. Hopefully you'll have vaguely the same ideas but if not come to some fair agreements. Maybe you'll choose the holiday one year and he can the next. Living someone else's retirement will cause resentment and unhappiness.

Recognise what benefits your job gave you and make plans on how to keep or replace those benefits. So if it's friendship with colleagues, realise you will have to make the effort to invite them out as they will be busier than you. If work gave you a sense of purpose, look into volunteering. Practise living on the income you'll have at retirement. You may realise a part-time job could come in handy.

● contemporaryretirement

FOOD AND DRINK

KATE COOK is a life coach who specialises in easy-to-follow advice about nutrition



Managing your time will help you eat better. Schedule time in your diary to shop for food, in person or online. Make it a priority you can't cancel.

Buy healthy store-cupboard basics such as brown rice, tins of chickpeas, lentils, tuna, frozen fish and vegetables so you always have the basics for a healthy meal.

Also factor in time for breakfast by getting up 10 minutes earlier. Get over your psychological block

of cooking in the morning. Porridge sprinkled with nuts for protein only takes a few minutes and starts off good nutritional habits that you're more likely to keep through the day.

● thenutritioncoach.co.uk

DIVORCE

ANNIE O'NEILL helps people move on after a difficult divorce



Staying bitter only hurts you so let negative emotions go. You may feel angry that you think you wasted so many years of your life. Try to remember the good things that came out of your

Say hello to work
meet their eye and
them.
elf a treat every
to your favourite coffee
day or book yoga after
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ple who work in the
t to get into. Don't be
rangers if necessary. Try
– a great resource for
networking.
adcareer.com