

RELATIONSHIP COACHING  
- CALLING IN THE ONE  
- HEATHER GARBUTT



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Learning Together Online

**Resource Guide**

# About Heather Garbutt

This work means so much to me. It empowers and gives confidence to women and men to truly choose the partner that they want in their life, to restore faith and value in themselves.

Today I am dating a lovely man who has my interests at heart and who really wants to support me in the world, but it wasn't always like this for me. I used to be attracted to men who were self-centred and aloof who couldn't care for me on an emotional level.

I married in hope but ended up losing myself and I lived my life around my husband. I was in therapy for a long time and we did couples therapy together but it didn't really work out. It's only relatively recently from going through Calling in "The One" coaching myself that I was really able to change. I realised my own patterns, set in place in my childhood that caused me to really devalue myself. I felt like I was alone on an emotional level and that was how I was meant to be. With the support of my coach I took responsibility for changing this by developing a way of being with myself that prioritised and cared for me. I became much more discerning about who I let in and what I would tolerate. I'm now with a man who can really meet me in mind, heart and body.



**Heather Garbutt**



# Event Details

I coach single people who want to find deep and committed love using the highly supportive and effective model of Calling in “The One”. It’s brief, potent and life-changing! I specialise in helping people over 35 and in particular, therapists.

As therapists, you already know well that without addressing the deep old patterns from our childhood, we are likely to repeat them in our adult love relationships, e.g. “At first she looked wonderful but turned out to be as bitter and withholding as my mother!” “He seemed like the answer to my prayers but I soon realized he was having affairs just like my dad!” Calling in “The One” coaching enables us to complete and heal these old relationships and their legacy within us so we are set free to attract the best love relationship we can create.

It concentrates on identifying our old false beliefs, focuses more on what is true and then strengthen our adult self to make the changes needed to develop into our most empowered and open self.



# Resources

[heathergarbutt.com](http://heathergarbutt.com)

Katherine Woodward Thomas

(book) ---> [Calling in "The One": 7 Weeks to Attract the Love of Your Life](#)

(online course) ---> [49 Days to Love](#)

Katherine Woodward Thomas

(book) - [Conscious Uncoupling: The 5 Steps to Living Happily Even After](#)

(online course) - [Happy Even After](#)

Ken Page

(book) - [Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy](#)

(video) - [Deeper Dating: An Introduction](#)



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# Resources

Amir Levine and Rachel S.F. Heller

(book 1 - US edition) - [Attached: The New Science of Adult Attachment and How it Can Help You Find - and Keep - Love](#)

(book 2 - UK edition) - [Attached: Identify your attachment style and find your perfect match](#)

By: Thomas Lewis, Fari Amini, & Richard Lannon

(book) - [A General Theory of Love](#)

By: Dr Sue Johnson

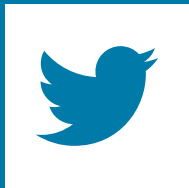
(book) - [Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships](#)

(audiobook) - [Hold Me Tight: Seven Conversations for a Lifetime of Love](#)



# Contact

[www.HeatherGarbutt.com](http://www.HeatherGarbutt.com)



@HeatherGarbutt2



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