

Some women seem to attract men effortlessly and some don't, but if you're in the latter category, is it possible to learn how to be a man magnet? Jenny White would argue in the affirmative – and she's just about to kick off a workshop in Bristol teaching women how to do it.

Your Heart In Your Hands is a two-day "relationship breakthrough" course for women who are stuck in a cycle of failed relationships; women looking for love, but unsure how to find it.

"Your relationship with yourself is where it starts," says Jenny. "A lot of the focus is on inner emotions, wellbeing and confidence."

"There are so many gorgeous women who are over 30 and single and maybe don't have the confidence to authentically be themselves either because they have low self-esteem, they fear rejection, think they always mess it up and expect it to go wrong, or they have other barriers that get in the way of them finding and keeping the loving relationship they want."

"Women naturally come together in a group to chat and the course provides the perfect environment. The first part of the workshop is looking at recognising fixed beliefs and patterns and where the world is for you now. The second part is about your relationship with yourself; whether you love yourself and can relate to yourself."

"Then we look at magnetism and relationships. What do you want in a guy, and who do you need to be to find that guy? How you can balance and align yourself with the person you want to be with? It's about creating the relationship you really want, not what you thought was possible at the beginning of the course. It's like doing a relationship CV – it's amazing."

Creating this workshop is the culmination of a life-long dream for Jenny, 37, who has been fascinated by people and relationship behaviour since she took psychology GCSE at school in Bristol. A career in sales followed, but a continued interest in what makes people tick meant she devoured books on the subject and eventually led her to a diploma, and a job, in life coaching.

As a life coach, Jenny's job is to "facilitate" thinking, rather than tell people what to do. She explains: "It's about being able to ask the right questions so people get it for themselves, which is much more powerful because they have an epiphany moment. If you simply tell people, it sticks on the outside like a veneer, and it doesn't get in."

Having lived abroad and in London, Jenny is now back in Redland, Bristol, and her first Your Heart In Your Hands workshop is running on September 7-8.

The aim is to make women "sparkle" – which is something that Jenny does well herself. Vivacious and confident, she arrives for our interview looking smart and smiley, the dress and subtle make-up designed to enhance what nature gave her rather than create an illusion.

But Jenny wasn't always so comfortable and admits that her own life journey and relationship experiences means she can empathise with the people she now strives to help.

Many women, she says, fall into the trap of trying too hard to do the right thing, to be someone they think men want, of playing the game so fiercely that their true selves are lost – then wonder why relationships fail. She explains:

"I think people have an idealistic view of how things should be. I would find myself being who I thought I should be, and who the rules told me I should be in order get it right. Then I would get really upset when the guy didn't really see the real me. My mum used to say, 'Jen you're fab, just be you'. But I thought that if I were 'me' it was all going to go wrong."

The danger is that negative patterns form, much of it about protection and survival, which is understandable, but not helpful. The course is about recognising the pattern and equipping women with tools to change.

Jenny believes we are all in control of our relationship destiny. "The people you attract and the life you have is all to do with you – you create all of it," she says. "If you're a naturally grumpy person, you're not going to attract many people because what's radiating from you is quite dull."

"Whereas if you see a radiant woman walk into a room, she has a presence and a sparkle – and it's nothing other than her energy – and it's attractive."

"In my experience, I consider relationships to be a bit of a dance. If we know ourselves to be professional tango dancers as women, and obviously I'm using metaphors here, and we go for a guy who can't match us in the dance, we always think we are the ones who are getting it wrong, when really, maybe it's just not right."

"If you imagine in a dance the man leads the woman, the man spins her around and she follows and it's beautiful, but women often try to take control and be quite masculine in their approach and a lot of men don't like that. It's about being able to be relax and be open."

"There is often a neediness and a hunger. I think people label neediness as something bad, but there is no good, or bad, it just 'is' – a charge that needs to be released. Often when you resist that need and try to be something else, what you resist becomes more prolific and you become more stuck. It's about being able to surrender to it."

The next stage is about change. Jenny says: "Part of the workshop is about looking at the 'magnet' – so people can see outside themselves to change their circumstance."

"We look at how to reprogramme the magnet, which means you naturally become more radiant and more attractive, which is what nature intended. In the wild, the female attracts males and then she chooses a mate, rather than thinking 'this is better than nothing'."

"It's about having a life and loving life and loving yourself – and then you become a good catch. I give people the tools, it's not like I have a wand. A lot of people come out of coaching and their eyes are sparkling, but it's not like they will never fall off the horse again, they will, but it's knowing where to go rather than staying on the floor in agony."

"I'm specialising in women because I think there's a need. That's come from my heart and, having been there myself, it's something I can directly relate to and I know how amazing it feels when you make that breakthrough."

"I have always been fascinated by relationships and it is the thing most people want, it's the most important thing as well as the biggest challenge – and I get to make a difference. It makes me cry sometimes. I'm hugely passionate about it."

"Basically, I teach women how to magnetise men. It is how to be a man magnet. Come on you're gorgeous – let's turn your light on!"

#### Factfile

*Your Heart In Your Hands* is running on Saturday and Sunday, September 7-8, at Redwood Lodge, Failand, Bristol, BS8 3TG. It runs 9am-5.30pm each day, with lunch included. The cost is £295 pp. There is a free 1.5-hour introduction to the course on Thursday, August 22, at B.Hive, 1 Friary, Temple Quay, Bristol, BS1 6EA, from 6.30-8pm. For more information, email [info@yourheartinyourhands.com](mailto:info@yourheartinyourhands.com), call 0117 230 1182, or visit [www.yourheartinyourhands.com](http://www.yourheartinyourhands.com)



Life coach Jenny White