

Is there someone for me?

Despite numerous heartbreaks, Bernadette decided to be a love optimist navigating a bewildering dating landscape.

Today, she is enjoying a fulfilling and happy relationship and have coached others to do likewise.

In this candid and unfiltered session, she will share the insights learnt from this discovery journey on attracting your most compatible partner & building a happy nurturing relationship.

- ♥ Compatible versus right
- ♥ Values alignment
- ♥ Daring to expect more
- ♥ Polarity sizzle

THE GOOD LIFE SESSIONS

Thursday 10 April 2025

8pm to 9pm SG & HK II 1pm to 2pm UK II 2pm to 3pm Czech



Bernadette Chua is a multi-award-winning leadership and business culture consultant, dream catalyst, author, executive coach, workshop leader and keynote speaker. For more than three decades, Bernadette's forte and passion has been mentoring and coaching others.

She is the founder of The Dream Catalyst Club, Dream Catalyst and Managing Partner at Positive Performance Consulting.



Her first book **Fly Free: How Accepting the Wings of Life** is an anecdotal account of her healing journey and the insights gained as she changed and transformed her life to one that is abundant, happy and free.

Her latest book **Freedom Embraced: How to Flourish & Be Happy at Work** provides actionable strategies for busy professionals to navigate through the various mental, emotional and physical landscapes they encounter in the course of work.



Club Buzz

- Self Introduction
- What is one wonder you observed this week that made you smile?



**Is there someone
for me?**

**Love Optimist
in spite of...**



Frustrated & Tired Love Optimist

Wouldn't it be lovely
Were our paths to converge today
In the randomness
A spark
A flutter
A beginning

2011

Bliss 17 September 2012



Attracting the Most Compatible Partner

Affinity vs Fate: Affinity is that instant connection, like a spark between two people who just get each other. Fate, though, is the idea that their paths were always meant to cross. Like it was all part of the bigger plan written in the stars.



Attracting the Most Compatible Partner

Will: Resignation vs
Acceptance

I will be single because I am
afraid I can't meet anyone
vs

I love being a single
because of the freedom it
gives me.



Attracting the Most Compatible Partner

Karma: Energy

Gratitude shifts our lens with quiet grace, revealing the abundance already woven into our days. When we lean into its gentle rhythm, life responds, opening paths to even greater wonders.

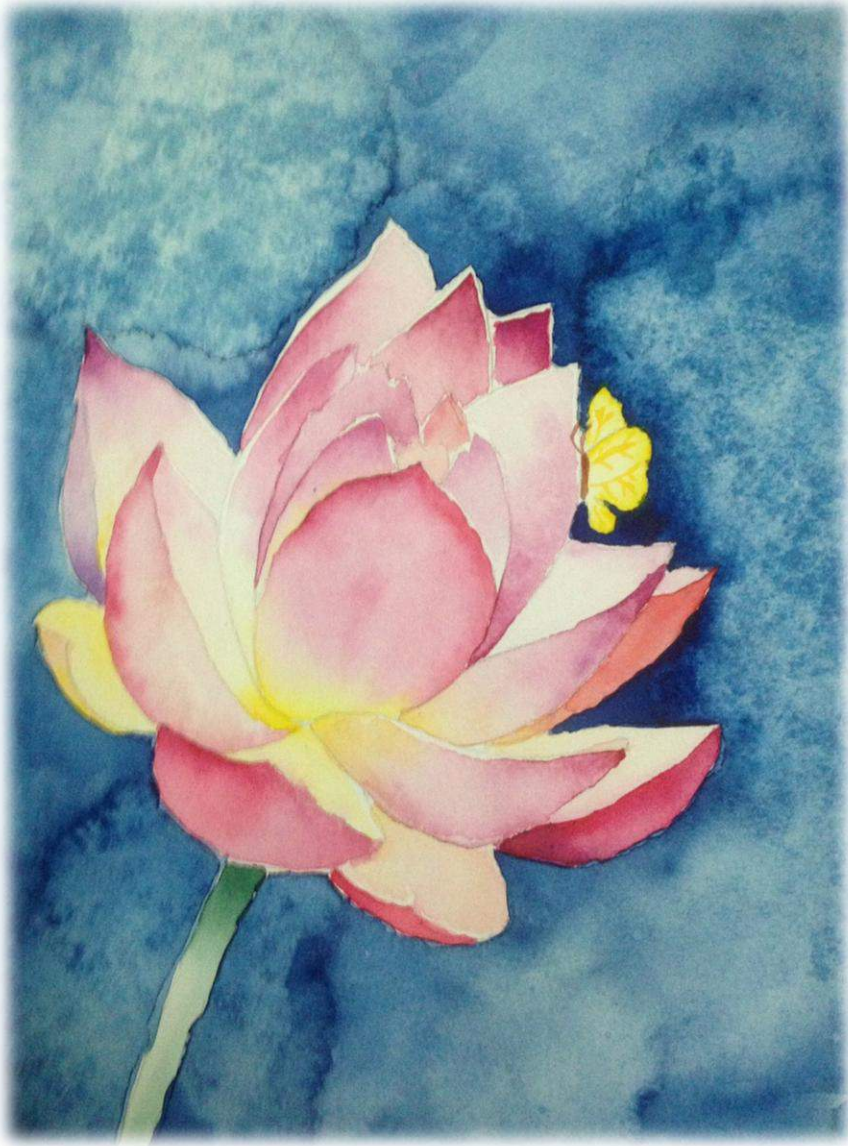


Attracting the Most Compatible Partner

Within our locus of control.

Compatible vs Right.

Journey within first :
gain greater clarity.



Values Alignment

Relationship Values Hierarchy:

- What values are important to you in a relationship? eg trust, love, faithfulness, freedom, financial security
- Towards values instead of Away From values eg to enjoy life with someone vs scared to be left alone
- Rank them
- For each one: describe in a short sentence what that means. Do an ecological check.



Daring to Expect More

Expect a Miracle by Kathy Freston:

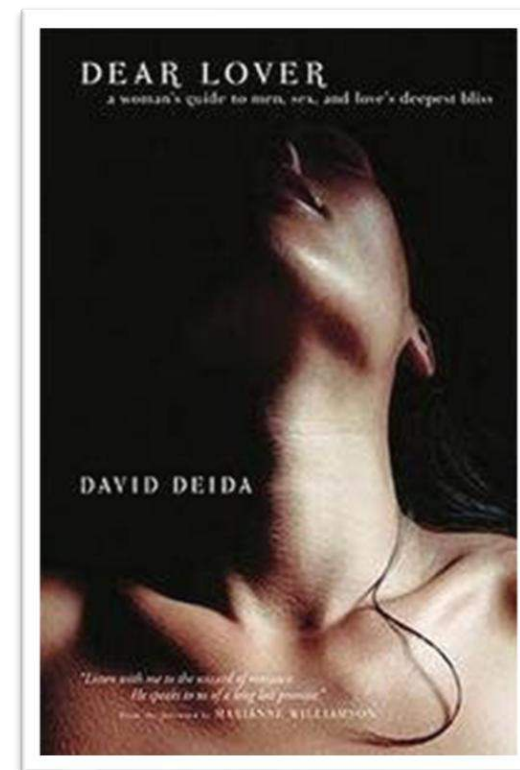
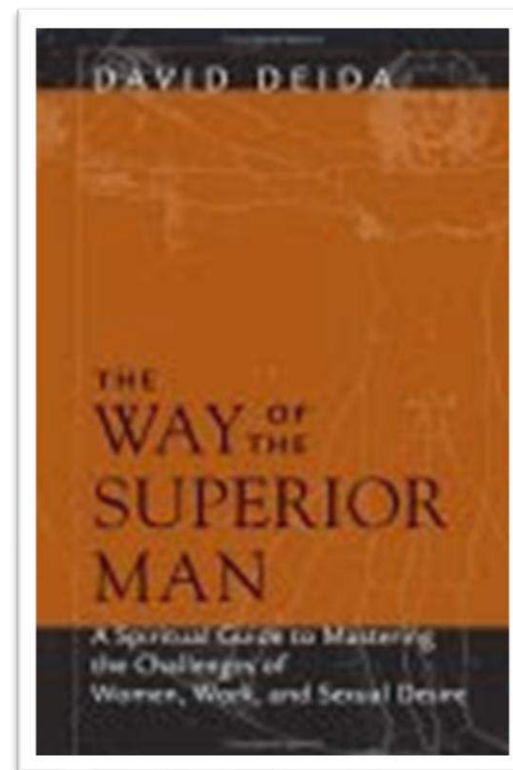
“We are three dimensional creatures, after all, comprised of **body** (our physical manifestation), **mind** (our particular personality and identity) and **spirit** (our unique spiritual path).

For instance, we might connect with someone on the 'mind' aspect because we admire their wit and intelligence, but if we aren't in sync with each other's sexual needs or spiritual inclinations, we will eventually become disenchanted and feel unfulfilled.”



Polarity Sizzle

Masculine, Feminine & Balanced Core
(Sunshine Inbox Week 8: 19.2.25)



Q&A



**“Very great change starts from
small conversations held among
people who care”**

Margaret Wheatley
Doctor of Education,
Leadership Speaker & Consultant

Let's Connect!



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