



Dr. Irena: Hello, we are back with our next guest; this is Kim quick, a dating and relationship coach from Los Angeles. Hello Kim! So happy to have you here on our master class series "Life in Love." Thank you for being here.

Kim Quick: It's so great to be here with you, Irena, so thank you.

Dr. Irena: Let me introduce you to the audience. So Kim Quick was 40 years old and she'd never been married and had been single for over 15 years and she felt she was trapped in a cycle of dating the wrong men and she was afraid she would be alone for the rest of her life. She knew that she deserved a wonderful man and wanted it all: the chemistry, the commitment, and the lasting love she'd always dreamed of, and she knew she couldn't give up hope. She was determined to break this pattern and discovered that there were a few key reasons why she wasn't dating the right men and hadn't found true love yet.

Dr. Irena: Then she took action on what she discovered and found her amazing, true love. A man who adores her. They're now celebrating the second year wedding anniversary. Isn't that wonderful?  
And you'll have to tell me more about it. But what I love about you is that you took it a step further to help other women trapped in the same disappointing cycle.  
Kim became a certified dating and relationship coach and launched the "Forever Love Formula", which is a proven system to find lasting love. And over the last six years, she has worked with hundreds of women and helped them find their true love too. Now, if there's one question she would want to ask you, the audience... It is, will you be my next true love success story?  
So wonderful, Kim, to have you here and be able to talk to you about this, because I'm sure there's a lot of people in that space where they think they can never find the right person for themselves.  
Why took it so long for you, what happened that you were never satisfied? You were stuck in this pattern of this is not the right guy. It's just not. But I'm holding out. There will be one time, one day.

Kim Quick: Well, when I found what I was doing was... I continued to date men that did not want a commitment. That was my biggest pattern that I had to look back and, um, see, like I said, I didn't have a boyfriend for 15 years. Um, I dated a lot. I mean, I kind of joke about this, but I think I dated over 200 men. Like I could've been in the Guinness World of Records. Um, so it wasn't like I wasn't out there. I was, but I just couldn't seem to be in a relationship with a man that adored me, loved me, and wanted to spend the rest of his life with me.

Dr. Irena: And during that time (my dating time), I mean, looking back, how many or how few men I myself dated until I found my husband... well, 200, that's a lot of frogs to kiss before you found your prince! How was that for you?

Kim Quick: It was horrible. Um, you know, because I really did (kiss many frogs). You know, the one thing is that when I graduated from college, I was never one of these women that went "Oh, I had to get married and have kids". I was really focused on my career and then



when I reached my thirties, you know, I really started to date and wanted to, then that's when I started to think about how I wanted it to be in a relationship. But, you know, so I was a successful CPA. You know, I'm not a bad looking woman, right? I kept myself in shape. I had, I used to, you know, it didn't make sense. Like why was this so hard? I felt like sometimes I was like banging my head. I wanted to bang my head against the wall because why couldn't I do this? Um, was I just not meant to be in love, be in a relationship? And I was scared. I was scared that I was going to be alone for my rest of my life. And, you know, I just continued to have heartache. I was sad. I was depressed. I went through some, a lot of cycles of other emotions because of wanting to be in a relationship and this was so hard.

Dr. Irena: So it never really worked out in those 200 times to try to connect with somebody. But did you feel at one time, you know, oh no, this is it. This is the guy; I'm in love, he's in love with me. And then it fell apart? Or was it really not ever finding the right person?

Kim Quick: Yeah, there was a couple of relationships that I thought that they were the one and then, uh, there was about maybe three in that period where we were, you know, I had a boyfriend.

Kim Quick: Years before now, you know...so what was I... I'm... I don't want to get caught up in the age thing, but yeah. So there was a period of time I didn't have any boyfriend, none of the relationships. I had no relationships. But before then there were two where we were, you know, I lived with one guy. He ended up being verbally abusive. And then another guy, actually I thought we were going to get married, and he called me on the phone to break up with me.

Dr. Irena: Oh Wow.

Kim Quick: So that was very heartbreaking.

Dr. Irena: I can only imagine. That must have been devastating, especially, I'm guessing, because it came kind of out of the blue. I mean you thought you were going to get married...

Kim Quick: Yeah. Didn't even see it. Oh well, I say I didn't see it coming, but if I look back now, there was some signs for sure.

Kim Quick: We always say, oh, I didn't see come coming. But you know, there are signs...

Dr. Irena: Maybe there were signs, but you weren't willing to look at them because it would've been too hard to contemplate what this could mean, which is completely understandable. And I understand any woman who's going through this, and I mean, I've seen it in my oldest daughter, she had a few failed relationships and there was always initially, "I don't know"... And then you start getting more and more attached to the person because of the interaction and whatever. And you start putting the bar a little lower. "Yeah. Okay. I can live with this" and "yeah, I can make the compromise here" and after two years... It's usually two years. Did you find that too? That's



something I would like to ask you because I find that fascinating. Always looks to be two years and it seems to be a brain thing that all of a sudden it's like, nope, not happening.

Kim Quick: Yeah. A year to two. But the big thing is what I've learned, um, through my own self-discovery and then having to find love. Um, at 46, I met my husband on match.com and he's the complete opposite of what I had before. Somebody that wanted to spend the rest of his life with me, treated me like a queen, loved me for me. We had fun, chemistry, everything. He checks all the boxes.

Dr. Irena: Beautiful! Congratulations.

Kim Quick: Thank you! Thank you. Um, and then getting married at 52 for the first time ever. Um, and you said wanting to, like, I just wanted to help other women be able to have this too; women who have been through a cycle of relationships or haven't dated in a long time. Um, so give hope because you can have it and you want to experience it and it doesn't, you know, you can figure things out much quicker rather than later if you know certain things on how to do that because it's a skill.

Dr. Irena: It's a skill and it's a skill that you can learn, right? People can learn this skill.

Kim Quick: Yeah. And the thing is, you know, we've learned from our role models how to date; our parents and their parents and you know, maybe it worked back then, but it's not working in this day and age and we're not taught, really, how to date in high school or college. Um, we're not given these skills. So how do we learn these skills? Right. And so a lot of things, like one of the things I was talking about is: I thought that there was something wrong with me when I could not find love. And then you start to internalize it and that's what makes you feel bad. But it's not your fault that you're not able, you know, you're having these chips. One thing I'd like to tell the ladies out there or the men whoever is watching; that it's not your fault. You know, it's just something you haven't learned and you can learn new skills and we're talking about not just some ordinary relationship. We're talking about having an epic love, having an extraordinary love.

Dr. Irena: Yes, that sounds fabulous and wonderful. I know how it is and how this feels because that's what I have now after many years of thirst. But I have had it for the last six years almost, that we're really madly in love every single day. And this can happen; it is possible. And like you mentioned, you got married at 52 so you were together for eight years or something. It's not just for the 20 year olds. It's something that works at any age, doesn't it?

Kim Quick: Yeah. It doesn't matter if you, you know... a lot of women who come to me, who've been through maybe one or two divorces. Um, they've had, you know, a cycle of relationships not working out or they've been single for a long time and you might've given up hope. And don't give up hope, but also know it's not your fault where you are, but there is what I would say one of the biggest steps to start to have the um, epic love that you'd like to have, is to take a hundred percent responsibility.



Dr. Irena: I agree. That is huge. And it's not, you know, putting blame in somebody's court for just taking...being able to take control of your life. It's an empowering thing to say, take responsibility. It's not a blame game. And what you said before completely hit home too; you're saying, we learned how (to date) from our parents. I actually would even go back further. We can't even learn from our parents because they were already together. And had children. So how would they be able to tell us anything or teach us any skill? About the date game, as they stopped dating, right? Once they got married and had kids, they really don't talk about this anymore. As growing up you just only see what doesn't work or what does if you may be one of the lucky few who know how it's working. Then maybe they wouldn't need you or me. (as coaches)

Kim Quick: Yeah. You know that that's true. You know, they're not dating. They're not out there. They're not experts. And, and uh, back in the 80s, that age too, we didn't date a lot. You pretty much met somebody, you fell in love and you had kids. You didn't...and quite honestly, I think this is part of the... I think that divorce rates almost up at 60% for first time. Um, and then like 65% the second time you get married you end up in divorce, and then up to 73% the third time you get married; the same people end up in divorce. And why is this, why is this happening? You know, and it's very disconcerting because getting a divorce leads to a lot of heartache in the family,

Dr. Irena: in the family plus financial issues and a lot of emotional distress for sure.

Kim Quick: Yeah.

Dr. Irena: Why do people have that cycle of bad relationships? Why does it keep happening to them?

Kim Quick: Well, that's a really good question. And you know there are a lot of different reasons. Um, one is that we've had things that happened to us as a child and we've created beliefs about ourselves, about other people and about life and these beliefs. We've taken this with us in dating and relationships. Like even for myself, what I had discovered was: I created that I wasn't important to men based upon my relationship with my father. And, our subconscious mind ends up wanting to prove that over and over again. So I kept being in relationships with men who didn't treat me as important because I believed that I wasn't important deep down inside. And of course this is all subconscious. It's not like you're saying this to yourself. And that's why I would say, hey, I want to be married, but why did I keep being with these men?

Kim Quick: They didn't want a commitment! And it was because of...that's one of the major reasons. And all of us, you know, you can even come from maybe, you know, you have good parents, but there's certain things that happen, um, even in school...the interactions with other people, life events that affect our beliefs. And um, we take that with us. And so we want to, you know, look at what are those beliefs are, and release them and create new beliefs that will have us make better choices, um, in our lives and in our love life.



Dr. Irena: Huge. Right? And sometimes these beliefs can be created by one misunderstood word. It's the beliefs that are extremely powerful, especially when you are a young child and you may have heard something, you don't have the whole context. You're not old enough to look back at it from a distance, you're in it and you get, that's your imprint. Now you have an imprint. You have a bad belief. We actually have been talking with the belief's experts in the summit. And um, so if all that happens, you have these beliefs, you have these patterns, how can people then find lasting love with a loyal and attractive partner? Oh, for the women out there, a loyal and attractive man who supports them and cherishes them and treats them like a queen, like you're treated.

Kim Quick: Yeah. And there's what I came up with my forever love formula, there's a six step process. Um, one of the steps is that you are very clear in what you want in a man and a relationship. And in addition to that... Cause a lot of, I know a lot of people out there, you know, especially women, they write out a list. They say, I have my list, I know what I want. But the thing that I find, you know, in working with hundreds of women is that number one, we don't come from a place of being worthy to having that. So we'll overstep the red flags or we feel that we have to settle for whatever reason. And also not only having that checklist of what you want...but is that a man that can...does he have the qualities to be in a long-term relationship? So to give you a little detail: it's like, "I met somebody, oh my God, he's checking the boxes! I have fun with him. We have chemistry, you know, he's financially stable". One of the things we might not look at or overlook is, you know, is he open to growth? Is he okay?

Kim Quick: Is he open to changing? Like if I mentioned something that I need, is he open to honoring that and listening to me and providing what I need? And so when, you know, and we can tell this right up front from the beginning in dating, like within the first three dates and so if a man doesn't honor your needs; that's like the game's off. You don't want to engage with that man anymore because that's the number one quality, especially for women. That's what they want. They want a man, that's going to honor their needs. And of course there is a way of saying this too, in a way when you want to ask for what you need in a more feminine, soft way and inspiring way for a man to act. But a lot of times women will overlook that, will go: we don't want to rock the boat.

Kim Quick: We've been told to be nice and then we're afraid to ask for what we want and we're kind of biting our nails and are afraid to rock the boat, but then we're not, um, you know, seeing what, by asking for what we want, we get to see how a man responds right away. And so for example, you're dating and you say to the man, you say: well I need to be home by 9:00 PM cause I have to get up early the next day. And nine o'clock comes around and he's like, oh, you know what? You can stay out. That was just an example how this could play out. How do you see that your needs are not getting met? Yeah. That's a red flag right there. And so we might not know that this man is not honoring your needs and it seems like a small thing and something that we might overlook.

Dr. Irena: Oh absolutely. If you're not aware, you probably then... because you want to be compliant and that's what we women were trained to be, right? Be nice and be sweet



and yes, don't be the bitch. So you say to yourself: okay, it's not that bad. All right. I'll suck it up and I'll sleep less, whatever.

Kim Quick: Very true. Yeah. We'll either stay out late or um, maybe we'll speak up and we'll finally get home and we might go out with the guy again and, and although I don't think it's a good idea to go out with them again, but at least express how you feel like, "Hey, you know what? I feel like you're not honoring my needs right now. And that's something that's really important to me". That is something you know you can do, and that would tell you, if he still continues to argue, then I would not go out with that man again.

Dr. Irena: That would be a no, no. Yeah. Okay. Now is there a way that you could qualify men before even your first date, before you even go through the lines? If somebody comes from a divorce or heartbreak and it's probably not that easy to go back out there and put yourself out there because you feel vulnerable, how could you kind of qualify men even before your first date?

Kim Quick: Yeah. That's a good question, Irena. Alright. Actually, that's what my, you know, I'm going to go into more detail. I have a free gift on how to discern men before the first date actually.

Dr. Irena: Okay, perfect.

Kim Quick: So you are not wasting your time because us successful ladies, you know, we don't have time to be wasting our days and plus we want to find the One right away. So one of the things is, yeah, you made a really good point Irena, is to be careful with men who are recently divorced, you would want to wait a year or two, um, you know, a minimum of a year because there are a lot of times they're just not ready right there on the rebound. And any man who's separated, I definitely recommend not to date a man that's separated,

Dr. Irena: um, because they're still married, you mean? Right. Just separated is not eligible...

Kim Quick: yeah, they're still married. And some will even say, "well, we haven't been married really for 10 years because what we're going through this divorce and such", but why is that? Why aren't you able to communicate and move past that you can settle this divorce? Like that just seems like a red flag to me. And um, the other thing about...if you're doing online dating, reading the profile carefully looking for red flags and you're looking at their pictures. Um, when you're messaging back and forth, there's ways to ask questions to discern there, and then you have a phone call before you meet them. There's another opportunity to discern before the first date by asking questions and seeing, you know, how's this man showing up and presenting himself to you.

Dr. Irena: Yeah, that was what I wanted to ask too. How can you be success successful in online dating? If you know you're thinking that somebody could put up a profile that's complete bogus in the profile. He may be saying, I don't know, that he's an accomplished surfer. Say it was something else and it's total BS or even a lie. How can



you make sure then... do you have certain ways that you say these messages should go back and forth, that a woman can be really getting to the truth? And digging a little deeper just beyond that profile that you can see in front of you.

Kim Quick: Yeah. And so you're like, number one I would like to share about online dating a little bit because there is a, I think a misconception out there that online dating doesn't work. Actually, in 30% of marriages people have met online.

New Speaker: Oh Wow.

New Speaker: And they actually did a study that people who've met online ended up having more harmonious and fulfilling relationships because you're able to, um, really look for what you are looking for in terms of lifestyle and values they're able discern. I met my husband on match.com, um, and I have lots of clients that meet their significant other on different online sites. So it can work, and I'm sure you know, or the viewers out there know at least one person who has met somebody online and is in a serious relationship.

Dr. Irena: Oh yeah, definitely. And do you know what? I was never against online dating or didn't think it would never work. Why wouldn't it work? Because in other countries there are marriages that are made by the parents and it's like the same type of thing. Only worse if you will, because you don't even have a choice. It's like one day you will be married to this person; make the best of it. And many of those marriages work because people find a way to compromise. They have learned. That's the way it is. And that's how I compromise. So I never thought that online dating is something that can't work, especially because I feel it's very tough now. We are so busy, everybody's so busy. How do you find somebody; where do you find those guys?

Kim Quick: It's true. And so that's one of the benefits of online dating. I mean, where can you...say you work 10 hours a day, you could come home and sit in your pajamas and have a glass of wine and look for men online and have a date two days later. I mean, where else can you do that? Where do you have that big pool of people right at your fingertips? You would have to probably go out three times a week, right? He's just not going to come down in a helicopter and swoop you. You got to get out there, right? Yes. So there's many benefits. You know, you're able to drill down to exactly what you're looking for if you know how to do that. Um, like I said, you can do it from the comfort of your home.

Kim Quick: You have a big pool, but the thing is we haven't taught how to do online dating. It is a tool that you have to learn, how to use in the most effective way to find love. What I found is that you definitely have to be on the right site for you. And different sites are different, different states do well, some do better and some do worse in your location.

Dr. Irena: Oh that's interesting. So that's really good to know.

Kim Quick: You have to know the best online site for you. Number two, you have to have a profile that's written with the essence of you and it's enticing. So when a man reads it, he's like,



wow, I love to have a date with this woman. You have to have great pictures. I recommend actually getting professional pictures done.

Kim Quick: And you also have to learn how to search and how to weed out those men like I was talking about earlier, with the right questions. And then also how to communicate, you know, how to flirt. Cause I know a lot of women will say, "well, I do message and then I don't get answers back". Well that's probably the way that you're presenting yourself, that's not enticing. That a man can't wait to have a date with you. So all this can be learned, of course they're skills, and can be done. But that's what I would say. If you want to do online dating, there are the five things that you need.

Dr. Irena: So the five things being? Can we just read through them for the audience?

1. You have to have a profile that's enticing.
2. You have to have pictures that are professionally done.
3. So you have to have a profile that is not lies and crap, but it's portraying your essence.

And what are the other two that I forgot to mention?  
Oh, questions to ask and what else?

Kim Quick: You have to be on the right site.

Dr. Irena: The right site. Yes, yes. There's something I wanted to ask you a little bit more about because I wasn't aware of this, I never used it or whatever. But you're saying it depends on maybe whether we're in, you know, in New York versus Los Angeles, that it really depends which site to use. The one that is more beneficial to you. Is that because of more people signing up on that site or is that just regionally different for the quality of men that go on there, or what is the difference and why?

Kim Quick: Yeah, you would determine...it's kind of cultural differences. What type of men are on there more; it seems like some apps do well, um, back east, it's more of a fast paced environment, professional, you know, like Bumble's; an easy thing right on your phone; the women swipe right, the men get to connect with... once a woman swipes right, then the man swipes and then they connect together. And it seems like that works more back east.

Dr. Irena: Interesting!

Kim Quick: That's one example. So it's cultural, regional and, and depending upon the type of man that you're looking for. If you're more spiritual, maybe go on a more spiritual site. Even if you go on a general one, like match.com, I love match.com, because you're able to do a very detailed search. Like I wanted to meet a man, not only, you know, who had these qualities and was in alignment with what I was looking for, but that he liked to sail. So you know, my husband is a big sailor and that's a lifestyle that we have and I found that on match.com by searching for a man that sailed!

Dr. Irena: Interesting!





- Kim Quick: Oh, we can have what we want! The sky's the limit!
- Dr. Irena: Yeah. That is so cool. So I'm sure you will be able to tell women who are looking to date online how to do this, how to best go about this and everything. Right?
- Kim Quick: Oh absolutely. Absolutely. You know, all my clients ended up dating quality men, then are getting engaged and getting married and they all met their men on online dating. So it totally works.
- Dr. Irena: Fantastic. So are you, are really an online dating expert, not just any kind of dating but specifically online dating expert?
- Kim Quick: Yes, definitely...
- Dr. Irena: ...which makes so much sense in this day and age, right? Like you mentioned, you can be on anytime, 10 at night, you can go flipping through the sites and see you have a huge pool of options and discern which one could be the best option for you and then set something up versus having to go "oh crap, I'm dead tired and have to go out to a bar", which is completely gross anyway.
- Kim Quick: Yeah. And that's what's cool that like if you're having a dry spell, you know, you can totally start dating this week. Um, but the thing is though, when women come to work with me, we really do work on some upfront stuff first before you do online dating. Like, you are clear what you want, you know what to look for, you know how to discern, you're valuing yourself. What are your beliefs? It's kind of like the pre-work 'cause that's part of the success too.
- Dr. Irena: Yes, definitely. Oh, that makes so much sense. What happens if somebody is still not quite over an ex? How can they get over an ex? How can you help them to get over, you know, the lingering resentment or whatever.
- Kim Quick: Yeah, that's really important, you know, because believe me, I've been through it; the heartaches. And there is an element that time does heal. But it is good to work with somebody to help you through that healing process so that it does happen so much faster. You know, I remember when I was younger that I used to hear...Oh God, I can't (believe it) there was this rule; if you were dating somebody for eight weeks, then for every week you were dating, somebody would take, I don't know, three times that much to get over them.
- Dr. Irena: Oh, wow, I've never heard of that before. But I believe you!
- Kim Quick: And it doesn't have to be that way. If you know there are some healing processes of tools. The number one is: what are your beliefs around it and, and what can you take a look at?



- Kim Quick: What can you learn from it and how can you move forward in an empowering way. You could technically, after 30 days of working with your self-healing and using tools, you could get back out there and start dating and date a couple of men and have some fun. And that would be a great way to get over your ex.
- Dr. Irena: Okay. Thankfully I don't have to. That's very helpful to know. And I've wanted to ask you something too: Does being feminine work these days?
- Kim Quick: Well, yeah, this is a big thing cause if you're online, you hear a lot of talk about, well, you gotta be in your feminine. To attract an Alpha male, we must be in our feminine. And that is true. However, what I find is a lot of women are coming to me and saying, well, it doesn't feel authentic to me to be in my feminine. I'm a powerhouse woman. I'm a manager. This is how I am. I tell it like it is, I'm a fixer and I don't want to change. But the thing is...you cannot be in your feminine until your heart is open. So it's more about like, well, there's strategies out there to being in your feminine and believe me, I teach those strategies, but it's not going to work unless you're coming from a place that you can have an open heart and that you can be vulnerable. So there is that element again of healing the self-love, and the worthiness. The it's authentic because you need to clear away those beliefs that are holding you back and then you can have these opportunities to be authentic feminine, you know, in your way.
- Dr. Irena: Yeah, that makes sense. So I understand what you're saying: to be in your feminine to please somebody almost is like being completely inauthentic if you don't feel you want to be feminine, or want to be vulnerable, because you're not powerful enough in your feminine energy. Did I understand that correctly?
- Kim Quick: Exactly. Then you're kind of forcing it and then wonder; it doesn't feel authentic. You're just trying to, but when it comes from really your heart and really being open to receiving, and so it's hard to be open to receiving if we're protecting our heart.
- Dr. Irena: No kidding, that I've done...That I know, that I've done over many years. Yes. Walls and everything and it really doesn't work.
- Kim Quick: Yeah. I mean, I remember, it's kind of funny, I joke about this though. I mean my heart had been so broken and it came to a time where I was just...even though I was out there dating, I remember one time a man tried to butter my bread and I was like, I can put butter on my own bread! It wasn't really about the bread. I was totally not open to be in receiving and could not be in my feminine because I was protecting my heart. I kind of had some anger from being so hurt, you know? So all that had to be healed.
- Dr. Irena: Yeah. That makes total sense to me. If you're an open wound, how can you open yourself up more because you're just afraid to be hurt more. Um, and if you can heal those wounds and then you can step into the receiving and taking with grace, right? Now I'd like to ask you something. You said you had like 200 dates and many times the men just kind of disappeared. They ghosted on you; how the heck is this happening?



- Kim Quick: Well it can be a number of reasons, cause we hear this a lot. Like, you know, you go out on one date and then you never hear from the man, but even worse, you might have gone out on four, right? And then you don't even hear...like you thought you had this connection and maybe it was going somewhere. You had great conversations and fun. You're like even thinking like, you know, maybe this could be the one and then...
- Dr. Irena: Exactly, yes, I heard that from several people. Not at my age now, but more in my daughter's age, it happened many times.
- Kim Quick: well, yeah. And it even happens, like women that are online in their sixties or seventies, they're getting ghosted and "ghosted" in case you don't know the terminology, but ghosting means they're like a ghost, they disappear. They don't even tell you, "Hey, I'm not interested". You just don't hear from them. Which, you know, can feel very much like a lot of rejection. That's why it can be challenging to do online dating because of the ghosting or you know, you don't hear from somebody or you're getting rejected and you're dealing with all these feelings. But you have to remember to not take it personal, which I guess, you know.... but, that's a whole other topic we could talk about, but back to the, you know, it could be certain things that you're doing, that that's why you're getting ghosted. It could be maybe how you're coming across, or how you're presenting yourself online, the men that you are choosing, how you're not coming across as a high value woman.
- Kim Quick: And so men just lose interest. So it could be a number of reasons why you're getting ghosted. But what it does come down to, and I know we don't want to hear this, but I like this, you know, I'm here to help and speak a truth. Here it is: we are 100% responsible and no, we're not blaming, but there is something going on. How you're presenting yourself, how you're coming across, how you're communicating that you're getting ghosted. If it's your first year seeing it's a pattern.
- Dr. Irena: Oh, I see. Is that something you would be able to help with that forever love formula you mentioned at the beginning?
- Kim Quick: Oh, absolutely. Women come to me; they've had a pattern of being ghosted and we uncover what, or how they're presenting themselves, how they're communicating and things like that.
- Dr. Irena: Fantastic. Could you tell us a little bit more now about that forever love formula? I would love to hear about that more, and I'm sure the audience would love it too.
- Kim Quick: Yeah, Irena, I would love to tell. I was, I kind of have been talking about it in some respects.
- Kim Quick: Um, but number one, it is the six step process and it is, you know, being clear on what you want and that you're valuing yourself.
- Dr. Irena: Being clear about you want beyond that list?



- Kim Quick: Yeah. What is it that you exactly want in a man? What do you want in a relationship? What's important to have in a long lasting relationship? Um, and that you're, what I call it, you're intentionally dating. We're not just throwing mud against a wall and hoping something sticks that we're going to meet the One. We're intentional; we know exactly what we want. We're going after it and we have a plan. What are you going to be doing on a weekly basis? If you don't want to do online dating, based upon what you're looking for, where are you going to find those men? So being very strategic about the dating process, which is another thing we don't do.
- You know, we plan our careers, we plan to buy a house, we have plans for when to have a baby, we always have a plan, but we don't have plans to date and meeting the One. So again, going back to being strategic, it's intentional. Um, the other thing is like I talked about earlier and I call it releasing your single string. Your single string is that string that's wrapped around you that's been embedded based upon your beliefs and your thoughts; we want to release that. So you're coming from a new place, a more authentic place. The real you. Um, and then how to be in your feminine, how to understand men and how to do online dating. That's the whole six step forever love process.
- Dr. Irena: That sounds such a...it must be such a relief to know that something like this out there that you don't have to reinvent the wheel. And try to find out, "oh my gosh, where do I go? Where do I find people that I would like?" I don't even know exactly who that would be if you don't have the help of having a plan. This is the step by step thing.
- Firstly, heal yourself, then find out what could be happening that prevents you from finding the right person where these...you call them the single strings...Where are these beliefs holding you back? Find new beliefs, empowering beliefs. Now you get out there and then you get out there strategically and with intention. So you go out there and you know exactly where you meet the right people, the right men, and then you know also... I'm sure you help with that as well; what to exactly ask and see what comes back, if all my needs met or not, or how he's reacting? I'm sure that's such a relief; it makes it so much easier when you have a plan.
- Kim Quick: Well it makes it easier. It's a lot more fun. You're dating quality men, so I'm a big believer, you should be dating a couple of men at once or a couple of months before you settle down with somebody.
- Kim Quick: Even if you think he's checking all the boxes, um, there's so much power in dating a couple of men at once. Number one, you're able to really get clear on what you want. Um, it provides confidence, especially when you're dating and you don't hear back from somebody. You're like, oh, I already have a couple men that I have dates with. I care about that. And, and it does have you take your time because a lot what happens is, say in a couple of weeks, you meet somebody and he says, "Hey, let's, let's to see each other". And then another couple of months go by and it doesn't work out. Well then you got to get back into the dating scene again and start all over. But why not just date a couple people at once for a couple months? And then you choose the man that you want to spend the rest of your life with. So that has more power. And you know, the whole process of the six step forever love formula. This is why when women and work with me, they're finding love within 30 60, 90 days.



- Dr. Irena: Oh, wonderful!
- Kim Quick: And it has it happen so much faster because it's like you said it's following a strategy. It's following a plan.
- Dr. Irena: Right, right! And it makes so much more sense. I'm sure you don't mean to go and indiscriminately be sleeping around. This is not the idea behind this. Right? But it's also, I'm thinking, a huge thing! If let's say you get ghosted or you get disappointed with one guy. It's not the end of the world. You don't have to feel rejected, like the worst of the worst, worthless or anything. Because there's more people out there. There's always more people out there. There's options. You have options.
- Kim Quick: Exactly! And you're right. We're talking about dating, not sleeping around. We don't want to sleep with anybody really until we have a commitment, because then that could really trip us up too. So it's about being, yeah, having fun and dating, and being courted.
- Dr. Irena: That sounds wonderful. So Kim, if somebody in the audience would like to find out how to get her hands on the forever love formula or you mentioned a free gift, can you give a little bit more information about that please?
- Kim Quick: Yeah, absolutely. So, I have the forever love formula written out; the six step process. I can definitely send that out to your viewers, whoever wants that for some guidance. And also I do have a dating red flag checklist that you can print out and review as you're out there dating and be looking at those red flags. So you know, you don't go into the same pattern, but find the One!
- Dr. Irena: Find the One, I love it. So definitely we have this link up here on the master class series; and how could people get into contact with you if they would like to really work with you one-on-one? Um, do you do that online? I mean through zoom, like we're talking right now, or do you only do that in Los Angeles in your office? Or how could people get into contact if they want to get coached?
- Kim Quick: Oh yeah. Thank you, Irena. I work with women, um, all across the world actually. Um, I have clients in Canada, from Florida, and England. So we do online, um, this type of coaching and they can just reach out to [Kim@foreverloveformula.com](mailto:Kim@foreverloveformula.com) and I offer a complimentary call too if anybody just wants to chat, and we can discover what's going on and how can we help you?
- Dr. Irena: Thank you so much Kim. Thank you for your generosity! Single ladies out there: If you want to find the One, go and ask for Kim at [foreverloveformula.com](http://foreverloveformula.com) and you can get even a free breakthrough session with her. And be sure to check out her free gift, which we will post the link for. It was wonderful chatting with you, Kim, and thank you so much for helping us out here on this master class series "Life in Love".
- Kim Quick: Thank you. It was a pleasure being here.



Dr. Irena: Thanks. All right! Until next time, I'm sure we'll keep in touch. Ciao.

Kim Quick: Bye.