

THE
SUCCESSFULLY
IN LOVE[®]
METHOD

YOUR
*ROADMAP TO
HAVING TRUE
LOVE & A FULL
LIFE*

Katarina Polonska



Successful Professionals...

You deserve to feel safe, loved, and chosen in your relationship every single day.

So, are ready to stop wasting more days, weeks, and months of your precious life settling for less than that?

And instead, start to have the relationship of your dreams?

Hello, I'm Katarina

Founder of the Successfully in Love Method

Trusted coach to C-Suite Executives, Entrepreneurs, Academics, Doctors, Hollywood Film Directors, Philanthropists and Ambitious Professionals

- Internationally Accredited High Performance Relationship Coach (ICF ACC)
- Gender Dynamics Social Scientist (University of Oxford M.St, University of Cambridge DEI Cert)
- Integrated Attachment Theory Teacher (IAT)
- Mindfulness Based Stress Reduction Teacher (MBSR)
- NeuroLinguistic Programming and Hypnotherapy Coach (NLP)
- Former Organisational Development Regional Vice President to Fortune 500 companies



If you are a Disheartened Executive...

Successful in career, good finances, good health, a family you love, good friendship circle, and a lifestyle that many would envy...

BUT your relationship is causing you stress, doubt, and uncertainty

You keep second-guessing yourself

You're grappling with whether you're with the right person; you're not as happy as other couples seem



And so...

You worry you've maybe outgrown your partner - maybe you've changed, and were different back when you were dating

You feel like you're always walking on eggshells, hiding your truth, and staying small around your partner

You wonder if your work has changed you - maybe your needs and desires are unreasonable now

...Or maybe you're self-sabotaging something that's only going through a "bad stage"?

Then this is for you...!

What you want is...

- To feel successfully in love - with your life, with your life partner, with your career, your finances...you want to feel like your life has meaning.
- To feel confident and clear in who you are, where you are going, and what you're doing.
- That you have the right partner for you - that right, devoted, committed, wonderful partner who is supportive, fun, adventurous, and your perfect match.

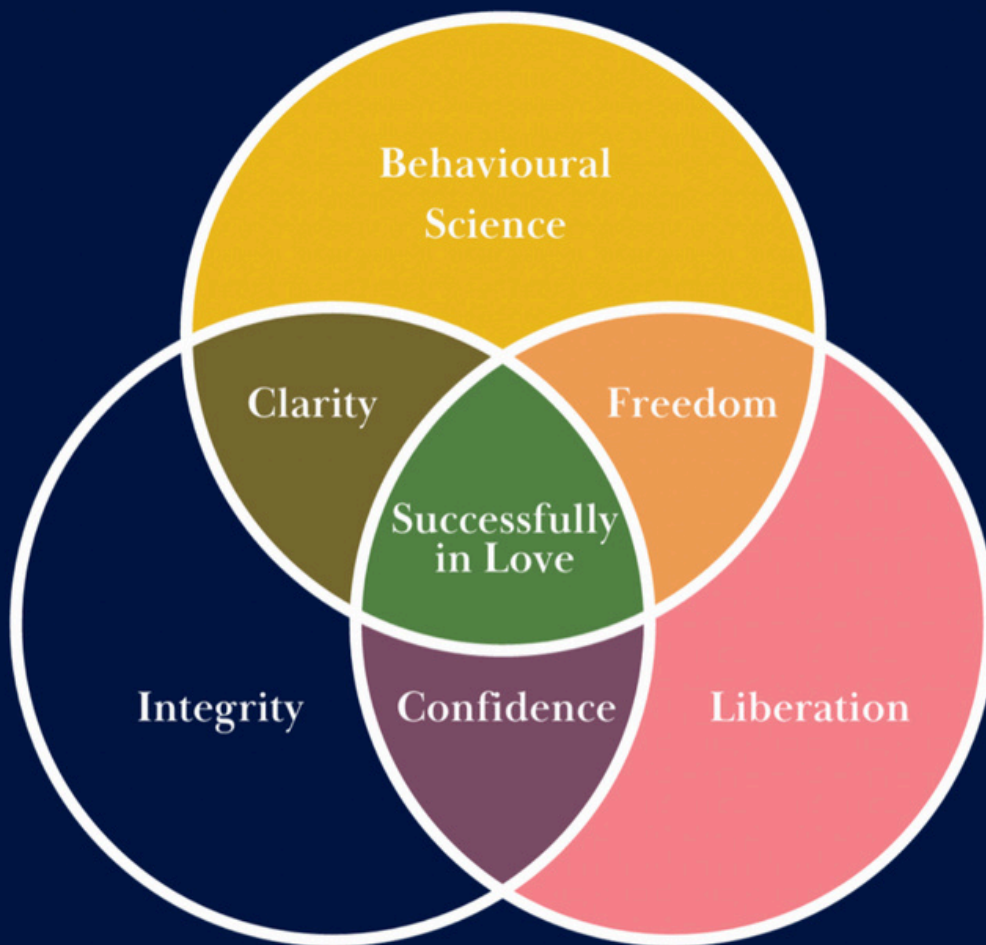


This is EXACTLY what the Successfully in
Love Executive has...

...and what mastering the Behavioral Science
of Attraction will get you.

What you need is...

*The Successfully in
Love® Method*



The Behavioral Science of Attraction
is mastering the formula of:

WHAT you are unconsciously
attracting

+

What you NEED to attract

+

HOW to attract it

=

Fast success

What does it look like?

PHASE 1

.....
Stop self-sabotaging

First, you identify and overcome **where you are self-sabotaging**. You do this by taking stock of your patterns (which we all have!) and discovering powerful techniques rooted in subconscious mind hacking to identify **all** your blind spots, unconscious blocks and self-sabotaging patterns to transmute them into more empowering ones.

Then, once you've cleared out what is blocking you, you have taken a huge step in fixing your relationship (and no couples counseling involved). At this stage, you can start to see more clearly what it is that you want and need in your relationship and life to be genuinely, authentically happy. This is crucial to communicate and bring to your relationship.

PHASE 2

.....
Get *crystal* clear on what you want and need

PHASE 3

.....
Learn how to attract your perfect match

Lastly, after you've cleared out your old programming, changed your unproductive patterns, got clear on what you and need in your relationship and life, you start to build a strategy to be in greater integrity with *that*.

This means that your life becomes magnetic - and you become able to attract the love you deserve easily and effortlessly.

What happens in each Phase, and why is it important?

STAGE 1



Audit your relationships
*

Bring awareness to your
unproductive patterns,
expectations, and 'shoulds'

You must start with a thorough audit of your relationships and their patterns to build awareness of what's going on. This gives you data points to start working with.

Then, you must start to dig into your blind spots, using proven techniques to help you see what you might not see yet - this will let you identify where you're self-sabotaging yourself. *All humans do this.*

STAGE 2



Uncover your blind spots
*

Examine your limiting
beliefs and where you are
unconsciously self-
sabotaging and getting in
your own way

STAGE 3



Release the pain of old
patterns
*

Dislodge your limiting
beliefs and self-sabotaging
patterns to clear way for
empowering alternatives

Once you've identified what's blocking you, you must apply science-proven techniques using subconscious mind reprogramming methodologies to quickly, easily, and effectively clear these blocks. You must also install new, empowering, positive ways of being.

Once you've released the pain of old patterns and created new, more empowering ones, you will want to free yourself from any emotional baggage that is also holding you back. This is crucial work - and can be done easefully when you know how. It can be graceful and comfortable.

STAGE 5

.....

Master your attachment style to become secure *

Discover your attachment style and what will and won't work for you. Practice becoming secure

Now that you're free from your past, you're able to look clearly at where you're at now, and how you relate to love and intimacy. You are now able to start to become more secure and confident in who you are, removing any old anxiety.

As part of becoming more confident and secure in who you are, you need to look at your needs and non-negotiables. Thing is, to do this properly, you need to have cleared out the past and the blockers that might stop you from seeing this clearly. Now that you've done that, you can actually figure out what your needs are - and find ways to get them met. This part is a game-changer.

STAGE 4

.....

Free yourself of your past *

Release all shame, guilt, disappointment and negativity you feel to open yourself up to new, better realities

STAGE 6

.....

Identify and meet your needs and non-negotiables *

Clarify what you need to thrive and be empowered as the most authentic you

STAGE 7



Attraction, gender, and
polarity
*

Harness the power of
polarity by understanding
how masculine and
feminine energies can work
for you.



Now that you're more confident and clear in who you are, it's time to look at the power of gender dynamics and how they play out in the world of relationships. Here, we look at what are healthy and unhealthy ways of being, where society taught us the wrong things, and how we can harness the magic of polarity in love and intimacy.

Most folks don't know how to date or create a healthy relationship - which is precisely what you will learn here. You'll discover what a healthy relationship unfolds like, what to look for compatibility wise, and how to discern who's right for you - with science.

STAGE 8



Science and the psychology
of relationships
*

Integrate the best practices
of healthy, secure, effective
dating practices proven by
science.



STAGE 9



Make way for your
ultimate match
*

Start living your best life
now by auditing it so as to
align with your new you.



Now that you've got clear on what you want and need in a healthy, secure, nourishing relationship, it's time to realign your life to optimise for having that. This is about taking a step back to reorientate your life to get YOUR needs met and make sure that it's THE most magnetic, rich, life you can live - because that's when your relationship is most likely to flourish. At this stage, your partner will be likely inspired by the changes they're seeing in you to step up and meet you at your peak.

Strategy is what gets us results, so you need to create a strategy now to build the life of your dreams - and how your best relationship yet will fit into it. This is all about creating a life of rich integrity, where you are fulfilled, your needs are getting met, and you find happiness every single day - so that your partner can feel inspired by your best self.

STAGE 10



Build your strategy
*

Live a life of integrity by building an easy and effective action plan to integrate the changes you want to see.

STAGE 11



Communicate your new you
*

Get what you want and need in life by harnessing proven communication scripts. Navigate conflict, needs, and boundaries easily.

Communicating who you are and what you need is going to be critical if you want to stay happy longterm, so learning the art of clear communication is going to be important for helping you live this new life with ease and trust. We also cover conflict, boundaries, and the difficult stuff here too.

Lastly, now that you've got yourself and your life into integrity, have got clear on who you are, what you want and need, and how to get it, it's about adopting the right mindset of trust and surrender to let the magic happen. Which it will. Sooner than you think! This is where you let go and enjoy your BEST relationship yet with yourself, with your life, with your partner.

STAGE 12



Surrender and trust
*

Effortlessly attract your best relationship yet by adopting the right mindset that works time and time again.

Ready for the Next Step?



You can start receiving more proven support today.

For just **\$27**, you can make a start now by diving into a science-based, in-depth and comprehensive program to help you totally transform your marriage on a deep, long-lasting level here.

<https://programs.katarinapolonska.com/orgsos>

Alternatively, you can book a call with Katarina here to discuss working more closely with her.

WHAT CLIENTS ARE SAYING

“Katarina has poured her heart and soul into making it a really powerful and effective transformative program. It’s a really worthwhile investment in one of life’s most important areas with a great Coach. Working with her creates safety in exploring personal relationships with openness, compassion and proven methodology - this is the key ingredient for change. It’s the most important area of our lives and will impact every part of life. Keep shining the light on this Katarina - it changes lives for the better! ”

Derek

Founder and Counsellor

I can sincerely say that Katarina’s exceptional creative problem-solving skill set and focus on client needs sets her apart. From the outset, what really drew me to Katarina was her candour and authenticity. Her genuine interest in understanding clients’ needs and ability to create meaningful relationships fosters a connection that is hard to come by.

Kat

Vice-president

I’ve found the dating scene challenging as a middle aged man. Katarina has helped me navigate the dating apps, but more importantly helped to explore my relationship style, to help me understand how to build trust, rapport, and familiarity with the women that I’m dating. Katarina has a natural intuition and is skilled in how she asks questions to really push me to reflect on how my behaviours have influenced my personal development and the development of my relationships. Her work with me so far has helped me radically change my approach and improve my success in the dating world. I’ve already met someone fantastic! Katarina is a talented, smart coach and I cannot recommend her highly enough. I’m excited to see where we get to over our time together.

Mike

Investor & Executive VP

WHAT MY CLIENTS ARE SAYING

Katarina has been an absolute game-changer in my life. I was left reeling after a painful breakup that called into question everything I thought I knew about myself and my needs. She was the steady hand that guided me through those turbulent waters. Her empathy, wisdom, and unwavering support not only helped me heal but also helped me rediscover my true self. This journey didn't just impact my personal life—it spilled over into my professional life. With a newfound sense of self-assurance and a clearer understanding of what truly matters to me, I've not only learned to focus on my personal needs but have also become a more focused and productive entrepreneur. Katarina isn't just a relationship coach; she's a catalyst for personal and professional growth.

Supriya

Co-founder & Director of Research and Partnerships

“Since I started working with Katarina, my relationship with my husband has improved, though, at the beginning, I was convinced we had tried everything - from Esther Perel to Gottman and in between. Katarina has supported both of us in digging deeper into our needs and non-negotiables and bringing those to the table in a space where each of us would hear each other and feel seen themselves. Besides being approachable and caring, Katarina’s program is extremely well-organised and diligent. She always checks on you and is responsive if you have any questions, which is not always a given in this day and age. I recommend working with Katarina as she is highly knowledgeable in romantic relationship anatomy while focused on the unique needs of her client. Thank you Katarina, you’re the best!”

Beatrice
Founder

KATARINA POLONSKA

FOUNDER, RELATIONSHIP COACH



I've been where you are.

Like most ambitious women, I spent my 20s **securing scholarships** to **prestigious universities**, climbing the corporate ladder to **high-ranking positions**, figuring out my finances, and **moving from country to country**, exploring the world. When I figured it was time to settle down in my early 30s, I **found a guy**, got engaged, planned a **big destination wedding**, and bought a joint home. Tick, tick, tick checklist – done.

Unfortunately, I was with the completely wrong person. It became clear to me that we weren't compatible after a few years. Despite everything looking picture perfect and thinking I'd done everything right...I found myself having to give back the ring, call off the wedding, sell our dream home in the beautiful British Columbian mountains, and navigate **an exhausting and expensive legal battle**. I felt humiliated, defeated, and destroyed. I couldn't understand how I'd gotten it so wrong. With everything else in my life pretty much figured out, why was finding a partner so damn hard?

So I decided to dig deep and figure it out. I **made it a priority**. I invested resources, time, and money into getting clarity on where I was getting blocked in my relationships. Fast forward a year and I met my now husband at a music festival. Within months, we had become engaged, bought a beautiful home in Ibiza, and started building a business together.

Through my own journey, I **figured out how to solve this** confusing and painful problem for myself and for others. Building off of my **ICF Accredited training in Transformational Coaching**, I now combine my understanding of gender dynamics (**University of Oxford M.St**), **professional experience in behavioural science**, **mindfulness teacher training**, and personal learnings from endless therapy, coaching, and retreats, to help people like you.

If you're interested in learning more, **let's chat**.

A handwritten signature in white ink that reads "Katarina Polonska".

*ICF Transformation Coach ACC
Integrated Attachment Theory Practitioner
University of Oxford M.St
University of Cambridge DEI Certification
University of Nottingham Ba.Hons.
Mindfulness Based Stress Reduction Teacher
NLP & Hypnotherapy Coach*