



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

April 2006

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

5 Ways to Having Your Best Internet Profile Possible!

Do you enjoy reading the latest monthly Heartmind Connections ezine? I would love to hear your comments on my ezine and any suggestions you may have for future issues. You may contact me at: coachamy@heartmindconnection.com.

Quote of the month: One of my rules is: Never *try* to do anything. *Just do it.*

--Ani Difrancio

The next Motivated to Marry™ Tele-gathering will be April 17th.

In March we had a very informative and chock-full discussion about attracting the right person to you. To join a tele-gathering all you have to do is call in to the bridge line provided, add your two cents to our monthly topic. Bring your questions, issues and concerns about dating and relationships- Talk with Amy Schoen, Professional Life Coach and Dating and Relationship Expert.

Tele-gatherings take place on the third Monday of the month at 8 p.m. – the next one is on April 17th. Our topic will explore what is keeping you from dating and/or attracting the right people to date. We will discuss internal and external roadblocks to dating. Come explore with us!

Sign up at www.heartmindconnection.com under tele-gatherings.

Come hear Amy speak at the following event in the DC area

Wednesday, April 19th

Learn How to Date with the Motivated to Marry™ Method

Learning Escapes

Vienna, VA

Contact: www.learningescapes.com

Wednesday, May 10th at 6:30 pm

Am I Ever Going To Meet the Right Person? Learn How to Date the Motivated to Marry™ Method!

First Class

Dupont Circle, Washington, DC

Contact: 202-797-5102

www.takeaclass.org

Do you need a speaker for an event or meeting? See my entire list of speech topics on www.heartmindconnection.com. For more information contact Amy at 240-498-7803 or coachamy@heartmindconnection.com.

Feature Article:

Amy's note:

This spring I see my single friends come out from hibernation from the winter months and start to get interested in dating again. There is a lot of talk of internet dating- especially with some new sites like Chemistry.com. This ezine is dedicated to those courageous singles that are spreading their wings and getting out there to date- again!

5 Ways to Having Your Best Internet Profile Possible!

You are finally biting the bullet and decided to try internet dating. You have narrowed down to one or two sites that your friends have recommended that you try where they are having success meeting people. (go to <http://www.heartmindconnection.com/resources> for a list of dating internet sites and their descriptions.) Now it's up to you to write your internet profile. That's the hard part!

Or perhaps you have had your internet dating profile up for a while and have not seen much action lately. Perhaps it is time for you to reevaluate your

profile and see if you can make improvements to attract more quality candidates to your internet profile.

How do you package yourself in a way that will attract the right people to you? What if writing is not your forte? If you follow the 5 ideas outlined below, you will be putting your best foot forward and on your way to experiencing the excitement of internet dating or revitalizing your internet dating potential.

For those new to internet dating, after checking out the format of the profile and how others are presenting themselves, I encourage you to:

1. Present the most authentic you!

Show your potential dates the real you. If you put down stuff that you are not, you will attract the wrong people and it will come out eventually. For examples, if you can't stand cats and say you like animals, then what will you do if your date has a cat? My philosophy is what you put out there is what you will attract. Just like an ad in a magazine- if a company advertises a car with a powerful engine, That ad will attract people who want that feature in a car.

So it is best to be honest and upfront with your profile. Describe what you need and want in a relationship. Don't be afraid to ask for what you want (as long as it is socially appropriate!). If you want marriage and a family – then put that down in your profile. You will attract those who want the same things as you and turn away those who would be scared by that comment—that's a good thing!

2. Tell your audience what's unique about you!

What sets you apart from the next guy or gal? What is special about you? Do you have any special talents or skills? You want someone in your life who appreciates that about you. If you have an artistic bent, or you sing in a chorus, describe that! If you run marathons or help out with volunteer activities, put that down, as well. This will set you apart from the other internet profiles out there.

Article continued below:

Learn how to improve your dating skills and relationships with Amy

I have discovered the best way to know what you need and want in a relationship and life overall is through life coaching. Learn how to attract the right person to you or become clear on whether your current relationship is right for you.

Call me for an exploratory conversation to learn how I can help you.

New! 4 month Tele-coaching group is now being formed. Limited spaces are available. Get affordable coaching and support from others who are in the same boat as you.

Stop complaining and get the romantic relationship and the life you have always dreamed of. Give yourself the gift of coaching – it will last a lifetime! Daytime hours are available during the week. Take advantage of this opportunity today!

www.heartmindconnection.com/coaching_services.html .

Here are some of my testimonials about my coaching:

"Thanks to working with Amy I feel not only supported but empowered to make changes that enhanced my life and those around me.

Amy impressed me with her extensive knowledge on personal and professional matters, as well as, her understanding of people and organizations."

-- Kathleen, Rockville MD (Now in 2 yr LTR)

"Amy has been a live-saver! She helped me clarify my values and to focus on living a more values honored life, especially with regard to my entrepreneurial endeavors and my personal relationships"

--Paul, Alexandria VA (Married in 2005)

"Amy focused me on the areas of my life that needed improvement and gave me the tools to reinforce that focus. Together we came up with creative solutions to problems and strategies to accomplish my goals. I highly recommend Amy for anyone who feels frustrated with the dating world."

-- Stewart, New York, NY

"Amy has definitely helped me have more self confidence in myself to go out into the dating world and take more risks."

-- Sue, Rockville, MD

Article continued from above:

3. Take your reader into your experiences with you!

I believe in bringing the reader into the experiences that you truly value. Not just superficially mention you like running through the park, but send out an invitation for them to join you. For instance, one of my clients described how he loves to jog in a city park in the fall when the air is crisp and the leaves are multi-tonal. Doesn't this description have a "come join me" feeling?

Don't just mention that you like concerts and movies. Describe what kind of concerts you prefer and types of movies you love. Remember, you want to attract those who have similar tastes.

4. Describe what's truly important to you!

What gets you up in the morning? What truly motivates you in life? One of my clients truly values giving of herself to the community. She is an avid volunteer. I'm sure she wants to attract someone who also values giving to the community as well. When you get beyond the superficial, you will attract those who say, "this person seems to be the kind of person I want to meet!"

5. Invest in hiring a professional for the all important photo!

We do live in a visual society and we do judge a book by a cover! Studies have shown that the photo is the key to whether a person decides to check out your profile or not. If you are not sure how you come across in the photo, then ask a friend or co-worker for their opinion. I request that my clients get a professional photo 95% of the time.

Some internet dating sites do provide you with a list of photographers in your area who specialize in internet dating photos. As an added bonus, you will have a photo of yourself to give to your family members come December or for Mother's Day!

By following the ideas presented above, you will definitely see an improvement in the type of people who are contacting you and the responses

you are getting from those you are contacting. This is the first step towards meeting the man or woman of your dreams!

In my next ezine, I will describe my internet dating strategies for men vs. those for women.

To read articles from my previous monthly ezines go to:

www.heartmindconnection.com/free.html

[Get Amy's Expert On-line Dating Profile Review](#) -- Only \$99!

Attract the right people to your online dating profile. Improve the number and quality of responses to your profile. I have you fill out an in depth questionnaire to pinpoint what's really important for you to convey. Remember, you attract what you put out there! Sign up on www.Heartmindconnection.com/profile_review.html

Amy's review was so helpful! She took the best of me and made me shine! Finally, the kinds of men I want to meet are now contacting me. Thanks Amy!

-- Penny, Reston, VA

Wow what a difference! With Amy's assistance, I now present myself in a more positive and active manner. This is so much more attractive to women. Also, Amy urged me to put a more flattering picture on my ad. Now women return my emails!

-- Stan, New York, NY

Amy's terrific! Her suggestions were right on target. I now have included things I hold dear and have edited out comments that were in my ad that I now see prevented men from contacting me. The response to my ad has definitely improved.

-- Tania, Silver Springs, MD

[Questions?](#)

Have a question about relationships or how you can get what you truly want and need out of life?

www.heartmindconnection.com/coaching_services.html

[Get Dating and Relationship Tips](#)

If you haven't done so already, sign up for the newsletter, "Heartmind Connections" to receive more articles on dating and relationships like this. As a sign up bonus, you'll receive the sought after article "18 Personalities to avoid in the Dating Pool", not offered anywhere but here.

www.heartmindconnection.com/free.html

Help your Friends/Help Yourself:

I'll be happy to send them my "Heartmind Connections" newsletter. Send them a note about this newsletter at

www.heartmindconnection.com/tell_a_friend.html so they too can discover their best possible life! Then you will get my popular MP3: "He Said-She Said Teleclass on Dating" as a thank you.

If you enjoyed this newsletter, please pass it along to your friends and associates.

Amy's Vision:

"As a life coach, my goal is to bring you the information you need to make intelligent and heartfelt decisions about the relationships in your life. We all desire our best life possible. My hope is that you find this information helpful and achieve all your life long dreams."

Amy Schoen, CPCC

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Helping singles discover their best possible lives!

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Rockville, Maryland

www.heartmindconnection.com

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