



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

February 2006

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

10 Tips on How to Give Yourself the Best Chance for Success on a First Date-Especially if You Have Never Met the Person Before!

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.

In honor of the Winter Olympics.....

Quote of the month: Falling's part of the game. It's like my dad always says: "No matter how good you are, the ice is still slippery."

– Michele Kwan

The Motivated to Marry™ Tele-gathering will be postponed until March 20th due to the President's Day Holiday.

Last month we had a very informative and lively discussion about creating an attraction plan for 2006. 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 March 20th. Our topic will be a continuation on the theme

about “Who are you attracting? Who do you want to attract to you?” Sign up at www.heartmindconnection.com

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

Thursday, March 9th

How to Get Out and Date-Again!

New Beginnings (For separated and divorced individuals)

Montgomery County, MD location

Contact: Debra Frederick 301-929-3391

Wednesday, May 10th at 6:30 pm

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

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 301-564-9323 or coachamy@heartmindconnection.com.

Feature Article:

10 Tips on How to Give Yourself the Best Chance for Success on a First Date-Especially if You Have Never Met the Person Before!

Let’s say that during the last couple of weeks you have communicated with someone of interest via emails and had several telephone conversations. There is obvious “phone chemistry” and a mutual interest in meeting each other. You both agree to meet in person -now for the moment of truth!

1. *Visualize Success:* Think about your wonderful attributes and not your faults. Take an inventory of your values, skills, talents, interests and “heart”. Leave all your negative thoughts at home.
2. *Keep Your Expectations in Check:* Don’t start imagining yourself at the alter with your date. Ask yourself these 3 questions: Do I like the person? Does the conversation flow easily with one another? Is there

any kind of attraction? That's it. If you answer yes to these questions, then be open to seeing the person again.

3. *Dress Appropriately for a Date:* Be presentable, neat, well-groomed and in casual dress clothes. Don't come in a t-shirt and jeans for men and for women, do not come dressed to kill by looking overly sexy like you are going to a nightclub. Strive to look like the guy or girl next door and someone who would be proper to bring home to their parents.
4. *Be Prepared to discuss Five General Topics:* Prepare a list of topics such as current events; a subject of personal interest such as your volunteer activities, your work or outside work interests; any books you are reading; any movies you have seen lately and favorite sports to watch or participate in. Do not talk about your divorce or your last boyfriend. If you have children, you may talk about them briefly- do not bore your date with hours of stories about your kids.
5. *Use Your Values as Your Guideposts:* Know what's most important to you and look to see if your date has similar feelings. Pay close attention to anything that makes you uncomfortable-your gut is usually right!

Article continued below:

[Learn how to improve your 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.

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!

[Here are some of my testi-monials 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:

6. *Pick a Quiet Place Where You Can Talk:* Meeting at a coffee house or a bookstore is best. You may decide to take a stroll if it feels right. Don't get involved in a meal since paying for the meal may become an issue. Also, don't go to a show or a movie where it's difficult to talk.
7. *Plan on Spending One to Two Hours Max:* The purpose is to see the person and to get a feel of a person. It's best not to drag the date on. Besides, you need to leave some stuff to talk about during subsequent dates!
8. *It is Best to Meet During the Day:* It is more relaxed to meet in the late morning or afternoon during the weekend. A week day evening is the next best thing. Weekend evenings are too much pressure and feel

like a serious date. You may be tempted to do stuff you will later regret!

9. *Always Be Courteous and Kind to Your Date – Even if You are not Interested:* You never know where you will see him or her again and who his or her friends are. Always treat people the way you wish to be treated

10. *If all goes well:* Women- be open to going out again. Studies have shown that women have gotten married to men that they were not really interested in at first. Men- trust your gut- if you are not attracted- be pleasant and be honest. Never say, “I’ll call” and not call!

By following the above tips you will most likely have a more pleasant first date experience. Hopefully, it will lead to future dates if you so desire!

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

Heartmind Connection™

Life Coaching and Dating & Relationship Consulting

Helping singles discover their best possible lives!

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www.heartmindconnection.com

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