



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

December 2005

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

5 Strategies for Surviving the Holidays for S.ingles

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: Your heart often knows things before your mind does....

– Polly Adler

Don't Miss this Month's Motivated to Marry™ Tele-gathering!

Last month we had a very informative and lively discussion. Call in to the bridge line provided, add your two cents to our monthly topic and 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 December 19th. Sign up at www.heartmindconnection.com

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

Saturday, December 17th at 7 pm

How to Get Out There and Date- Again!

Parents Without Partners, Private home

Herndon, VA

Contact: Marlo Menoren 703-444-1584 or

Menoren@netscape.net

Wednesday, December 21st at 7:30 pm

Dating Like a Pro!

Jewish Social & Sports Network

Teasm at Penn Quarter, 400 8th Street, NW Washington, DC

Contact: Harley Liebenson, 301-610-5397

Email: info@jssn.org

Thursday, January 5th at 7pm

5 Easy Steps to Improving Your Life Today!

Professionals in the City – Washington, DC

John Hopkins University- Washington Center

1625 Massachusetts Ave, NW (Dupont Circle)

Contact: Colleen, 202-491-7291

www.prosinthecity.com

Tuesday, January 17th 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.com

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:

It's the end of November, soon to be December and the holidays are currently upon us. All you see are Christmas decorations in the stores and holiday commercials of happy families celebrating mostly Christmas and New Years Eve. Because you are single and not even in a significant relationship, this can be a tough time of year for you, especially if you desire

to be a part of a couple and have a family of your own. The feelings that come up range from loneliness to dread to jealousy of your friends and family who seem to have it all!

What's a single guy or gal to do? I surveyed my friends and I found 5 different strategies that make the holiday season bearable for them.

1. *Stay home and catch up on paperwork!*

What a great time to get your taxes in order! You can also spend your time at home searching the internet dating sites for your true love. Besides, it's just another day in the year. It will be over before you know it and you will get a jump on next year!

2. *Earn overtime pay by working!*

Most people want to take off during the holidays. Who is going to hold the fort? I have a friend who works in radio. She covers the holiday shift so others can be with their families. I also know someone who helps out in a restaurant once a year to help out a friend who is short-handed. You help others and make some extra pocket change- it's a win-win!

3. *Go out and do the stuff you love!*

Go to the gym- it's usually open part of the day (closes early on Christmas Eve and closed Christmas Day). You can go shopping and take advantage of the sales late Christmas Eve or New Years Day. Buy yourself the items you really wanted for yourself. Go see the movie that you are dying to see. Go to a museum exhibit you haven't been able to visit. You don't have to worry about anyone holding you back. Or many Churches and Synagogues have volunteer programs on Christmas Day.

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.

Make 2006 your best year ever! Get the romantic relationship and the life you have always dreamed of. Give yourself the gift of coaching – it will last a lifetime! Evening and daytime hours are available during the week. Take advantage of this opportunity today!

www.heartmindconnection.com/coaching_services.html .

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

"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

"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:

4. Seek out singles events and gatherings.

There are singles many parties on New Years Eve in every major City (www.prosinthecity.com) . It's a great time to meet people because everyone is open and festive. No one wants to be alone on New Years Eve. Or you can create your own party for friends. Each year I organize a mostly singles dinner for my friends (we're Jewish) on Christmas day at a local Chinese restaurant. It's sometime easier not to deal with the couple or family thing - especially if there are married

couples with kids. Most of my singles friends yearn to have a family. I also know my single friends are uncomfortable with witnessing the public display of affection sometimes demonstrated by couples. So it's just easier to hang out with other singles.

5. *Take a trip and get out of town!*

My girlfriend takes a cruise in the Caribbean during Christmas week through New Years Day. There are also singles ski trips, Club Med and such. Or find a buddy and go away to the destination of your choosing. Not only are you taking a vacation, but you never know who you will meet on your adventure!

A word of caution: Starting in November beware of falling into a false, convenient relationship. Here you find yourself in a precarious relationship that's somewhat comfortable (and clearly not the one) that can carry you through the cold, dark months of winter. This is the hardest time of the year to be single. It seems as though we are sometimes playing musical chairs and that by late November, whomever you were dating, you attach yourself to this person and settle into a relationship for the time being.

When I was single, I unconsciously found myself in relationships by late Fall so that I would have someone to be with me during the holidays. And with my birthday in January and subsequently the dreaded Valentine's Day in February, I was then in a position to get the attention and the gifts I truly desired! Funny how by March or April the relationship broke up and I was out in the dating world again as spring blossomed.

So you get to choose. How do you want to spend the holidays? Only you know what feels right for you. Perhaps you want to try something new this year. It's time to make your plans now so you are not left out in the cold!

To read articles from my previous monthly ezines go to:
www.heartmindconnection.com/free.html

[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 a "5 Steps to Achieving Your Best Possible Life", not offered anywhere but here.

www.heartmindconnection.com/free.html

Help your Friends:

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!

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 you discover your best possible life!

301-564-9323

Rockville, Maryland

www.heartmindconnection.com

2005© Heartmind Connection, LLC. All rights reserved.

Privacy Policy

I don't rent, trade or sell my newsletter email list to anyone. You won't get an unsolicited email as a result of joining this list.