



Helping singles discover their *best possible life!*



Life Coaching, Dating  
and Relationship  
Consulting

November 2005

## Heartmind Connection™ Chronicles

By Amy Schoen, CPCC  
301-564-9323

**This month's feature article:**

*A Case for Dating via the Internet*

Approximate read time: 3 minutes

Thank you for signing up for my monthly 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](mailto:coachamy@heartmindconnection.com).

**Quote of the month:** Of all the things you wear, your expression is most important.

– Janet Lane

**You are invited to join in on a Motivated to Marry™ Tele-gathering!**

Call in to the bridge line provided 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 will take place on the third Monday of the month at 8 p.m., starting on November 21<sup>st</sup>. Sign up at [www.heartmindconnection.com](http://www.heartmindconnection.com)

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

Tuesday, November 15<sup>th</sup> at 7:30 p.m.

*Will I Ever Find the Right One? Learn to Date the Motivated to Marry™ Way.*

Greater Washington Jewish Community Center

Rockville, MD  
Contact: Selma Sweetbaum, 301-348-3860  
[SSweetbaum@jccgw.org](mailto:SSweetbaum@jccgw.org)  
\$10 members/ \$12 non-members

Saturday, December 17<sup>th</sup> 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](mailto:Menoren@netscape.net)

**Do you need a speaker for an event or meeting?** See my entire list of speech topics on [www.heartmindconnection.com](http://www.heartmindconnection.com). For more information contact Amy at 301-564-9323 or [coachamy@heartmindconnection.com](mailto:coachamy@heartmindconnection.com).

### Feature Article:

Believe it or not, there are some men and women who have not ventured into internet dating yet. By not exploring this avenue, these people are missing an important avenue for meeting wonderful men and women like themselves that are having a hard time meeting someone decent to date through more traditional means and their normal daily activities.

A coaching client, Sally\*, is a 40 year old woman who has never married and was having no luck meeting appropriate men. She is a shy woman who dreaded singles events and “putting herself out there”. So I encouraged her to explore her perspectives on dating on the internet.

“It’s scary out there” came up first. She was afraid of the unknown and the “crazies” that she would encounter during her search. Also, she was afraid of any undesirable types who contacted her. I told her that it was a possibility that some unstable people were on the net, however, the process of weeding out by scrutinizing emails and talking to them on the phone would screen out most men she would feel uncomfortable with.

“What other perspective on internet dating comes up for you?” I asked her. She hesitated. Then I continued with, “What would your mother think of you trying internet dating?” She laughed and said her mother would say, “What do you have to lose by trying?” “What would that look like?” I encouraged

her further. “It’s kind of like the nothing ventured, nothing gained perspective”.

Then, I went one step further, “What would your best friend say about you trying internet dating?” “Oh that is easy, she would tell me to *go for it!*” Sally went on, “Also, there’s a whole world out there for me to explore.” She continued to tell me that *go for it* perspective felt as though it was possible to meet someone this way and that it was hopeful.

“What could be fun about dating on the internet?” I asked. “Well, I could meet interesting people, do interesting things and go interesting places.” “So would you say that this would be the *It’s fun out there* perspective for internet dating?” “Yes, I could see that”, she confirmed.

Then, a negative thought (a gremlin) came to Sally immediately.....

*Article continued below:*

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### [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.

**Now is the time to pursue the relationship and 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 opportunity today!**

[www.heartmindconnection.com/coaching\\_services.html](http://www.heartmindconnection.com/coaching_services.html) .

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### [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

"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

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*Article continued from above:*

"Aren't only desperate men dating via the internet?" she expressed as a concern. We then went on to explore why someone would be dating using the internet. We came up with the following positive reasons:

1. These men may be time constrained due to demanding jobs and family obligations and don't have much time for traditional ways of meeting women such as singles events and activities.
2. Men like convenience. This is an easy way to meet appropriate women to date.
3. Men like to be efficient. The internet provides an efficient use of their time and money. You can go to a singles event and not meet anyone. You have just spent your time and your money without any results! Your chances with the internet seem better of actually going on dates.
4. The internet provides a lot of information that you don't get when meeting someone at a bar or a singles event. It weeds through the chit chat.
5. You get to engage with someone and get to know them through emails and phone calls before you meet them. Therefore, physical chemistry does not become the only factor for wanting to meet someone.
6. Internet dating is a one on one vehicle. It is not like some of these meat market singles events where you are standing around with dozens of other women around.

7. The internet is great for shy people who don't have an easy time at parties and group events.
8. The internet is actively being used by people of all ages now, especially those 55 years and under.

After we brainstormed and uncovered these reasons for trying internet dating, Sally seemed ready to give the internet a try. Then, one last gremlin came up for her!

"It all sounds good, but this may take too much time for me" Sally said. "How much time could you give to this activity during the week?" I countered. "A couple of hours a week" she offered. "How many hours are you willing to commit to spending on internet dating a week?" I asked firmly as her coach. She was willing to commit to 3 hours a week.

"And what perspective do you want to take on as you go forward with this venture?" I encouraged further. "I want to take on the *go for it* perspective", she answered. "I know *you will* go for it and you will be courageous about it!" was my acknowledgement for my client that ended our session.

For more articles on internet dating go to  
[www.heartmindconnection.com/free.html](http://www.heartmindconnection.com/free.html)

\*Sally is a fictitious name. This article was written as a compilation of several sessions with different clients at different times.

*End of Article*

[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](http://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

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### 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](http://www.heartmindconnection.com/coaching_services.html)

### Get Dating and Relationship Tips

If you haven't done so already, sign up for the newsletter, "Heartmind Connection Chronicles" 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](http://www.heartmindconnection.com/free.html)

### Help your Friends:

I'll be happy to send them my "Heartmind Connection™ Chronicles" newsletter. Send them a note about this newsletter at [www.heartmindconnection.com/tell\\_a\\_friend.html](http://www.heartmindconnection.com/tell_a_friend.html) so they too can discover their best possible life!

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**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](http://www.heartmindconnection.com)

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