



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

May 2006

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

Where to find your Significant Life Partner!

Quote of the month: *Most of us are so busy doing what we think we have to do, that we do not think about what we really want to do.*

--Robert Percival

Coming in June! The Motivated to Marry™ Method Booklet
Jammed packed with tons of my Motivated to Marry™ wisdoms
Reserve your copy now at pre-production price of
\$18.95, regularly \$24.95 (25% off the listed price)
Email me at coachamy@heartmindconnection.com

The next Free Motivated to Marry™ Tele-gathering will be May 15th.

In April we had a very informative and chock-full discussion about dating intentions. 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, or just listen. Bring your questions, issues and concerns about dating and relationships- Talk with Amy Schoen, Professional Personal 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 May 15th. Our topic will continue to discuss what is keeping

you from dating and/or attracting the right people to date. We will talk about internal and external roadblocks to dating. Come explore with us! Sign up at www.heartmindconnection.com under tele-gatherings. (Note: You need to sign up each month for the tele-gathering. The phone number may change from month to month.)

Don't miss Amy speaking at the following event in the DC or NY area

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

Fee

www.takeaclass.org

NOTE: This is the last time I will give this speech until September 2006

Monday, June 26th at 7 pm

Dating Dos and Don'ts (Dating Like a Pro)

Makor Singles/ 92 Street Y

35 West 67th Street, Steinhardt Center, New York City

Contact: 212-601-1000

Fee

www.92y.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.

Amy's Note: The weather is getting warmer and we are all coming out to play! There are so many opportunities to meet new people. Take a chance and try something new. Go to a group or activity you haven't tried before. You will surely make new friends even if you don't happen to meet your one and only. Friends can lead you to meeting more new people! So get out there and do something!

[Feature Article:](#)

Where to find your Significant Life Partner!

My philosophy from a very young age is to go where the guys are. I was lucky to have an older brother and I used to play tennis, biked, ran track (the girls practiced with the guys) and skied. I met a lot of guys during that time and always had a boyfriend since the 9th grade because I was active and liked doing what they did. I met my college boyfriend on the tennis courts of Long Island the summer before I started my freshman year!

The following activities are where women, as a whole, would be in the minority and I recommend them to seek out to meet men:

1. Anything related to sports!

A. As an participant:

- Bicycling groups
- Tennis ladders and clinics
- Ski clubs
- Running clubs
- Rollerblading
- Coed-softball teams or games
- Coed-volleyball teams or games
- Racquetball leagues and ladders
- Golf clubs
- Kickball teams
- Ultimate Frisbee
- Coed Soccer leagues
- Bowling leagues
- Working out with weights at the gym

B. As a spectator:

- Sports bars with viewing of basketball, football, baseball games. (Especially March madness!)
- Going to college or professional sports games: baseball, basketball, football, soccer and hockey.

2. Internet Dating Sites:

Since guys see the internet as time and money efficient, this is a good way to connect with guys. Also, going in chat rooms with any subject you are interested in may be a good way to connect.

3. For the more intellectually oriented:
 - Bridge groups
 - Chess groups
 - Discussion groups on topic of male interest

4. For those more politically oriented:
 - Fundraising activities
 - Local politics
 - Rallies and demonstrations

5. Religious institutions
 - Religious study classes
 - Weekly services
 - Social events or speakers at your religious institution

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 personal life coaching. Learn how to attract the right person to you or become clear on whether your current relationship is the right one for you.

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

New! 4 month Fall 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. Sign up now and save!

Stop complaining and get the romantic relationship and the life you have always dreamed of. Give yourself the gift of personal life 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 as a personal life coach 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:

For men, I recommend you go where the women are mostly likely to be. Women partake in these various activities and where women usually outnumber men!

1. Arts and Crafts classes:

- Knitting
- Pottery
- Fine arts: watercolors and oil painting
- Jewelry making

2. Cooking classes

- Cooking schools
- County classes
- Gourmet food demonstrations (i.e. Whole Foods)

3. Exercise classes

- Tight and tone classes
- Yoga
- Step aerobics

- Stretch class
 - Kickboxing
 - Pilates
4. Theatre Groups
 5. Movie groups, ie. the Film Society
 6. The Arts
 - Outdoor concerts
 - Museum events in the evening and weekends
 - Gallery events
 - Craft fairs
 7. Easy hiking groups
 8. Book clubs and discussion groups
 9. Dance classes and dances
 10. Wine tasting events
 11. College Alumni events
 12. Tour groups: cruises and bus tours, both domestic and international
 13. Support groups
 - Widows
 - Divorce
 - Never married
 -
 14. Book signings and authors speaking at book stores
 15. Volunteer organizations

This is by no means a complete list. I hope I may have given you some new ideas and strategies about how to meet the opposite sex. Who knows, you may find a new passion in life and a life partner in the process!

Remember to check out my resource webpage at www.heartmindconnection.com/resources.html for specific groups and more ideas about where to meet people to date.

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.

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. Please feel free to forward to any of your friends who may be interested in learning more about dating and relationships.

Amy's Vision:

“As a personal life coach, my goal is to bring you the information you need to make intelligent and heartfelt decisions about the most significant relationship 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 Coach and Dating & Relationship Expert

Helping singles discover their best possible lives!

240-498-7803

Rockville, Maryland

www.heartmindconnection.com

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