

A BOLD Women's Guide

6 PROVEN STEPS TO HAVING YOUR BEST DATE YET



In association with Suzie Parkus



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STEP 1 – GETTING THE DATE

Once you have met someone whether via an app, website or out and about, do not delay in connecting with them:

- Ask them about them and use this as an opportunity to find out their inner thoughts and feelings on the things that are most important to you (their qualities, values and characteristics). Once you know that the person has the qualities you are looking for, get the ball rolling without any further delay!
- It's nice to have a chat prior to meeting up for a multitude of reasons. For example, some people have an aversion to certain voices. So, if you want to make sure he or she doesn't have a voice that grates or that she doesn't have a laugh like Janice from Friends, then get them on the phone and fast. If you do this before committing to a date you won't have to backpedal your way out of it after. More importantly, a call will show you whether or not they can hold a conversation so you know what you are letting yourself in for when it comes to the date itself.
- To the men out there, ask her out asap and make it happen within the next 3 days. Make time and show your level of enthusiasm by suggesting that you meet up tomorrow or the next day. If you're busy, tell her that you will happily move your arrangements around (if you can). As soon as she hears that she is a priority, you will become a priority to her in return.
- Ladies, I don't care if you need to wash your hair or have already made arrangements, everything can be moved. Do you want to get dating again? Then make yourself available! Men do not like women who play hard to get or those who are hard to pin down.
- Knowing who you are and what you want will help you when it comes to weeding out whether a potential date has the core qualities, values and characteristics which you are looking for. This is something I delve into when doing both my 1:1 and online course and is a fundamental step in orchestrating and designing your dating compass.





STEP 2 – BEFORE THE DATE

It's important to make sure things run smoothly in the build up to the date and here's how.....

- Men, you're in charge here so make sure you get something booked in advance. Winging it on the day / night just won't do and it will make you look like you've made no effort and or put any thought into this date.
- Also ask her what she's into i.e. what cuisines, types of bars, activities etc. and then offer up some suggestions.
- Ladies, if you can see he's struggling to find a good place for whatever reason, help him out. Don't make the final call and don't go booking anywhere on his behalf, but do make some suggestions and then let him make the final decision based on the help you have given him.
- He wants to make you happy, so sometimes organising where and when to meet is a joint effort; however, let the man be the one to make the final plan.
- Men, be a gentleman and offer to pick her up if you feel comfortable and are able to do so. Ladies, only accept an offer of a lift if you feel safe and that you can trust this person. If you feel uncomfortable in any way, then thank them and respectfully decline their kind offer.
- If you are intending to meet up at a location, then be very clear on the venue, address, directions and landmarks; this will all help with being on time and feeling less stressed.
- Always let someone know where you are going and with who, arrange to call a friend or have them call you to let them know that you are safe.





STEP 3 - GETTING READY

Doing something stressful before going out will impact your mood. In the hours leading up to the date make sure you do things which make you feel happy, sexy, rested and relaxed. Most important of all, give yourself enough travel time.

- You might want to think about tidying your home on the day/evening of your date. You never know what could happen and it's always best to be prepared, even if you think the likelihood of them coming back with you is slim to none.
- If you have met online, it's a good idea to recap your conversations so you don't risk repeating yourself or accidentally get them mixed up with someone else, that would just be embarrassing, to say the least. Also, review their profile too so you remember who they are, what they look like (so you can recognise them), this will also remind you of why you were drawn to them.
- Prepare answers to difficult questions like: How is online dating going for you? How come you haven't found the one yet? Who initiated the divorce? Why didn't you ever get married? etc...
- Think about what you want to get out of your date and the impression you want to give, that way you are also less likely to say or do something which you may later regret.
- Have your outfit picked out well in advance and a backup just in case it doesn't fit / or has a stain. Go for something that is comfortable and that you feel good in.
- Send a text to say that you are looking forward to meeting later. Guys this is a particularly good move on your part if you do this one.
- Make sure you have cash, ID and condoms on you just in case.
- Trim, pluck and wax anything that shouldn't be around whether upstairs or downstairs. This all leads to that feeling of being confident knowing that you are well groomed; oh and be sure to wear your favourite underwear!





STEP 5 – WHAT TO DO ON THE DATE

There are some small things which you can do on the date that will not only make you feel better but will also make your date feel more comfortable too.

- Men, if you're picking her up you might want to let her know your estimated time of arrival. Either call when you're outside or ring the front door bell, but whatever you do, do not sound your horn or sit in your car looking bored as you wait.
- Greet your date with an inviting smile rather than a look of analysis. It's so easy to judge when you meet someone new, but it's so important to set all judgment aside until you've really got to spend some proper time with him or her.
- It's a nice touch to hold the car door open for the lady and indeed any door you may come across i.e. the door leading into the restaurant or venue.
- Ladies, don't forget to be gracious and say thank you, it's such an easy thing to accidentally take for granted.
- When choosing your food or drink of choice do give consideration to things which leave a bad taste or give off a strong smell. If you know that certain foods can give you a bad stomach in whichever capacity, these too are best avoided for obvious reasons
- When you go to the bathroom, do check you don't have anything in your teeth after eating. People have been known to use the reflection of a knife whilst sat at the table with their date, this is not a good move or indeed a good look!
- Often people complain that the other person did all the talking, but if you don't engage with them enough, then it can leave the other person feeling as though they need to talk more in order to avoid any awkward silences. I promise you, no one likes being a part of a one-way conversation.
- Remember to smile and be positive; negativity can be dull, boring and ultimately draining. As the saying goes, if you don't have anything good to say, best not to say anything at all.

Speaking about ex's is also another off topic subject.



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- Try and focus on 3 top things throughout your rendezvous that you find to be positive about your date. That way, should your mind go wondering off trying to find the negatives you can quickly get yourself straight back on track again. It's natural to try and play detective to find out what's wrong with a person but if you focus on everything that's right when you are together, you will be sure to have a far better experience.
- When it comes to getting the bill, first establish that you are both happy to call it a night / leave that venue. Asking for the bill before this point can look rude or as though you are bored and wish to leave.
- Paying the bill. I could write a book on this alone and all the variants to consider, but here are the key points to remember:
 1. Do not scrutinise the bill and just pay for what you had. This makes you look cheap.
 2. Either go Dutch or the man should just take charge and pay if he wishes to and this should be made very clear so there's no awkward guessing involved.
 3. Ladies always offer with intent and allow him to accept or decline. Always be prepared to pay half.
 4. Men if she does offer, then it's either go halves (assuming you both wracked up pretty much the same costs) or a nice touch is to ask her to buy you a coffee afterwards assuming you want to carry on the date.
 5. If one of you clearly wracked up the greater share of the bill, then acknowledge this and pay more if you're going dutch. It always leaves a bad taste when 2 people go dutch and one clearly consumed more expensive food or drink.
 6. Men, if you intend to pay the bill then you can ask for it to come to the table, make sure to keep it close to show your intent to pay. Whatever you do, do not show the bill to your date if you intend to pay as this will only make them feel awkward and is unnecessary.





How you leave someone feeling on and at the end of the date is paramount. Our first meeting sets the tone and departing is the feeling that someone is left with afterwards and will hold onto the most and will make them decide if the date was good or bad

STEP 6 - AFTER THE DATE

- No-one wants to be left hanging or wondering. If you like them tell them, show you mean business and tell them. Say something like 'It was lovely to meet you and I had a nice time'. Tell them if you would like to call them or see them again.
- If you feel that there is nothing more than friendship you can still tell them it was nice to meet them but that you do not feel there is anything for you there romantically. You can do this by still being kind. Not everyone has chemistry with everyone they meet or feels attracted to them
- If all else fails and you do not want to be connected with them in any way you can still say 'it was nice to meet you' unless of course they were completely rude!
- You may even be undecided which is also fine, take a few days to reflect.
- Sometimes people complain that the other person did all the talking, but if you don't engage with them enough, then it can leave the other person feeling as though they need to talk more in order to avoid any awkward silences. I promise you, no one likes being a part of a one-way conversation.
- Men, as soon as the woman is assured of your intentions, her guard will keep on dropping.
- Ladies, don't play games. If he is courageous and bold enough to ask you out again, then show him the same respect by being honest and available.



We hope you found the e-book useful and that it goes some way to enhancing your dating journey.

Suzie Parkus is a highly sought after Dating Coach and media personality, with a background in hosting successful dating events and in achieving vast amounts of success in her matchmaking business. Suzie knows all too well the trials and tribulations singles go through on a daily basis searching for the one.

If you would like to discuss your dating journey or any concerns you may have, you can book a free 20-minute discovery session with Suzie by emailing her at suzie@meetyourmatch.club

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