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Impair Healthy Healing In People Over The Age Of 30!

Making The Connection: Tips For Getting Noticed

By Toni Coleman

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Chances are that you have had a wide variety of experiences in your quest for meeting singles. These can range from an event that yields several nice interactions and at least one offer to get together for a date, to going home feeling frustrated and convinced you are destined to be a dating failure.

If you had made a note of your mood, your general attitude, your level of comfort, (and other related factors) after each experience, you would have some very useful information. For the attributes you carry along with you to these social gatherings will have a great impact on the outcome of each.

The following are tips for helping you to present the best you to others. As you read each, do a quick inventory of how you rate in that area. It's always helpful to ask friends to weigh in with their observations. The more information, the better.

1. Present yourself as confident and in possession of a healthy self-esteem.

In general, people are attracted to those who appear confident and who feel good about themselves. Certainly, this is a turn-on for you as well. If you feel desirable and sexy, it makes sense that others will too.

If low self-esteem is a problem for you, this should be the first area you work on in yourself. It is not necessary to have over the top confidence, just a sense that you are someone that has a lot of positives to offer others.

Do some reading, take a class that teaches assertiveness and/or practice daily affirmations. Remember also that when you treat yourself with respect and adhere to healthy boundaries with others, you will foster a healthy sense of self.

2.Be Yourself

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NEVER try to be someone you are not. Not only do you come across as insincere, you also will present as uncomfortable and make others feel this way right along with you.

Trying to be cool, aggressive, (etc.), generally just makes you awkward and unapproachable. Relax, be natural, be the you that your friends and others who know and like you, see and appreciate.

Think back to the times you have witnessed someone "acting" in a social situation, and the general reaction of those around them. Then think about the people you know who are good at meeting others. These are the people who present their true

(best) side.

3. Smile and Show Enthusiasm

Certainly you have encountered strangers who were sullen and appeared negative and unapproachable. A smile can change all that.

Have an open and inviting expression. Make good eye contact. People are DRAWN to others like this. Let that attractive stranger know you are open to meeting them and happy to be there. If they have an interest back, this will pave the way for a first interaction.

If you don't feel like smiling it may be a good idea to sit this one out at home with a movie or a good book or a low-key get together with a good friend.

4. Present Your Best Appearance

Always make your best effort in your grooming and choice of clothing. Attractive is just that. It's not about having beautiful features or a fantastic body. It's all about presenting what you have in the best light possible.

This also includes presenting an attractive personality. Be friendly, not pushy. Be open, not indiscreet. Have opinions, don't be a know-it-all. Always remember to consider others' feelings and needs. These interactions are not just about you.

5. Have Some Good Openings Lines Available

Hint: Natural conversation is best.

Some possible ones to consider:

*Do you know so and so?

*I noticed you were enjoying the music a lot, isn't this a great band?

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*Your drink looks good– what is it?

*I noticed you standing here alone and thought you may want some company.

Of course, the direct approach is ok too.

*Hi, I'm so and so, what is your name?

Remember that there are no rules anymore about who goes first. If you see someone who interests you, go for it. Just remember that they may not return your feelings. Then you move away gracefully, look around for someone else that attracts you, and make an overture towards them.

Also remember that rejection is part of the process. If you let the fear keep you from taking that first step, you will greatly lessen your chances of meeting and connecting with compatible singles.

Toni coleman

Helping Singles Find Lasting Love

www.consum-mate.com

Toni@consum-mate.com

Toni Coleman is a relationship coach who specializes in working with singles wanting lasting relationships. She has over 20 years of post-masters experience in coaching with singles and couples. She developed and teaches the Creating Lasting Relationships Training, a tele-workshop designed to help singles to define, implement and fulfill their relationship goals. She has also written numerous email classes for singles on all aspects of meeting, dating and relating.

You are being noticed...

By Harish Dhingra

You are being noticed... by Harish Dhingra

Do you think that you are not being noticed?? If your answer is "Yes" then you are aboulutely wrong...

Just don't ever think like this because you are always being noticed...

It may be possible that you are working hard but not getting rewards for it right now but it does not mean that you are not being noticed. It may be a bit late for you to get the rewards but you will definetely get the rewards.

You have so many reasons to work hard and not think negative even if you are not paid extra for it.

1. It doesn't affect your health to work hard.

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2. You are being noticed for your every work.
3. You do not become lazy.
4. You make a habit to work honestly.
5. It gives you satisfaction.
6. You will be the last in case of lay off.
7. You improve your knowledge.
8. You increase your chances of promotion.
9. You are just ready to work anytime when your colleagues are tired.

So don't think it again that you are not being noticed because your work speaks for you.

I am just writing to motivate people. If you have any query then mail me at harish_dhingra@indiatimes.com



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