

HOW TO GET A DATE NOW!

The dating guide to get you out
there and meeting
the right people

Including first hand advice on

Meeting people in bars/ pubs

Online Dating

Speed dating

Making dating fun not scary

Written by your very own
Dating Coach

Jo Barnett

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The dating guide to get you out there
and meeting the right people

Written by

Jo Barnett

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What the reviewers said

“Just as every best friend should - Jo tells it like it is. Her friendly and easy-to-put-into-practice advice is imperative for anyone dipping their toe into the dating world. Wish I'd had it when I was single! “

Sam Brick

Writer and broadcaster, and Celebrity Big Brother Contestant

"How to Get a Date Now" is a Must-Read for all of us attractive and gorgeous people who have tried for years to find a great mate. I took Jo's advice about Online Dating and started to meet great guys. Following her advice closely, every single one of them asked me out for a second date, and I am now living with the very best of all those dates.... because of Jo's practical advice I am with the most lovely, kind and generous man who loves me, and who I love, and we have a great life together. Thanks for the tips Jo!"

Emma Joel

“What are the secrets of getting a date, especially if you’ve either been off the dating scene for a while, or you haven’t had much success in the past? How To Get a Date – Now! is a must-have new e-book which approaches the emotional minefield of dating 21st century style, with excellent advice and coaching tips that are guaranteed to get you started on the right track.”

Frances Pardell

PR Specialist

How to get a date now!

About the author



Jo is a professional life coach with a passion for personal growth. Her training with the CTI has taken place over the last five years and is ongoing. She has coached hundreds of people through challenging times and her passion is to encourage her clients step into the biggest version of themselves and to shine in all areas of life.

Whilst running a dating agency Jo worked with a variety of singles all looking for love. Her research and personal interest in the area has opened up some real solutions for finding love. She enthusiastically brings you the answers to the most frequently asked questions and things that YOU want to know about dating.

Having found herself single second time around was and a minefield and also so much fun. It is the enthusiasm in which Jo has embraced dating that lead her on a path to discover how important it is to first invest in yourself. This e-Book is to share with you her wealth of experience so that you go out and create your own ventures!

Jo has an instinctive desire for everyone to find their soul mate and to fully enjoy the very personal and wonderful connections you can build when you fully engage with someone!

In her spare time Jo loves socializing and meeting many types of interesting people. Her huge passion is dancing; she recently took part in a ceroc competition. Jo is a mum of two fantastic kids .

Jo likes:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us.”

Marianne Williamson

“If you are ready to start breaking out beyond your limiting beliefs and making your dreams come true then this is a treat for you so take note and enjoy!”

Jo Barnett

HOW TO GET A DATE NOW!

If you want the experience of going on a date this week then this chapter is for you. Put everything down and allow yourself some 'Me' time, this is just for you so enjoy.

I have put together a step-by-step guide to getting out and meeting singles with a view to dating them! I hope you will find my tips insightful and told with humour and the best possible guidance a dating coach can give you.

Especially with a dose of firsthand experience!



Image courtesy of Photostock / FreeDigitalPhotos.net

A FUN AND PRACTICAL GUIDE TO ALL YOU WANTED TO KNOW ABOUT DATING

Having worked with hundreds of singles whilst running a dating agency, and as a personal dating coach, I am bringing you the answers to the most frequently asked questions and things that YOU want to know about dating.

It is the enthusiasm in which I embraced my dating life that led me on a path to discovering the secrets of dating! My book is to

share with you my experiences during the past five years so that you will be inspired to create your journey!! I am mixing my firsthand knowledge with my professional learning and observations! My passion is to have everyone find their soul mate and to fully enjoy the very personal and wonderful connections you can build when you fully engage with someone in

How to get a date now!

the best possible way! My intention is that you will put this book down feeling rejuvenated and ready to try out dating from a completely fresh perspective. Finally, I finish the chapter by sharing some of my best blogs from my new website and some brand new exercises to get you up on your feet and dating for success! I've kept it to the point and there is no sugar frosting, use this e-Book to work for you by following the guidance then getting into action, dip your toe in and out of the waters and enjoy trying something new. I am really looking forward to hearing from you with your feedback, once you have read it ALL, please do not hesitate to contact me with any questions you have.

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In this e-Book you will get to cover three great ways of meeting people today:

1. Getting out and about
2. Online dating

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3. Speed dating

If you are reading this e-Book I am hoping that it's because you are ready to date. It's vital that you are in the right frame of mind, you have done a bit of work on yourself, you know your strengths and weaknesses and what you have to bring to the table. One other important factor is being aware of how quick you are to make judgments. For the purpose of this exercise I request that you leave all judgments behind now and start with a blank canvas.

There are several ways to approach getting a date and I want to give you some tips on all of them. First of all I would like you to have an idea of what you are looking for in a date. I suggest that you include MOST of the following:

Connection
Fun
Interaction
Open Mindedness
Generosity
Humour
Compassion
Authenticity
Honesty

Fact – there are lots of lovely people out there waiting to meet

someone like you, so why deprive them? Remember the other person is on a date too, so like you they want to have fun, good connection, laughter and they do not want to be judged or 'interviewed'. The more you give the more you will get back. Make them laugh even if you end up the only one laughing, it's all fine.

Have compassion for yourself and your date and feel at ease, you will find it is contagious.

ALL YOU NEED IS LOVE...

It's all about the love, what do you love about yourself? What would someone else find lovable? If you are stuck on this then I urge you to ask a friend or family member. I recommend that you do not date until you have these answers under your belt. Love yourself, love the person you have become and the person sitting in front of you will see what you have that is unique about you. Notice I am focusing on YOU and not the DATE; this is because the foundations of a good cake needs to be in place. You want to come to the table as a whole cake, one that just desires a nice

dusting of toppings, not huge holes that need filling...

The biggest mistake people make in dating is that they put all their focus on the other person not being 'right'. Well that may be, but how would Laurel and Hardy ever have got together if Hardy was at home complaining about the size of his bank account, or the pain that his parents caused him?

So now you are in the right frame of mind try to keep thinking of this 'date' as an opportunity to get out and meet someone nice to have a fun evening with. You are not looking for your future partner on this first date, so no pressures, nothing too serious!

Next step / Dress Yourself Well

Ladies first: please make an effort when you are going out ALL THE TIME, you just don't know who you will bump into. (I can tell you a nice story about that sometime!) Best to invest in some good fitting clothes, colour, not all black, a short skirt, dresses, heels and most of all you are aiming to look feminine and sexy. Men home in on bare skin so show some (not

How to get a date now!

too much, just enough). Your hair is your crowning glory, treat yourself to a good hairbrush and dryer, some new products and a big helping of TLC, after all you're worth it!

A bit of makeup is a must for most unless you have natural film star looks in which case skip to the last page. I like a lipstick with some colour and a creamy foundation that blends in well with your skin, some nice rouge on your cheeks and some sexy smoky eyes, if you are not sure, you could go into Fenwick and get it done for free, watch what they do and invest in some of the products. You will feel sexy and confident when you look good and this will help your mood and your date.

Ladies, I am telling the guys and so I am telling you, weight – loose some. Who do you fancy? What type of body do you find attractive?

Remember men are very visual and like to see a nice curvy shape on a woman. No starvation diets needed, but do cut out bad sugars and stodgy carbs, exercise and feel at your best, it will do wonders for your confidence.

MOST important a SMILE!

**# Dress up –
make an effort to look
good, you will feel great
and have more confidence
on the date.**

“Notice I am focusing on *you* and not the *date*; this is because the foundations of a good cake need to be in place. You want to come to the table as a whole cake, one that just desires a nice dusting of toppings, not huge holes that need filling....”

Next step for the Gents / It's all about the detail

Please pay attention to the little details, women do notice your shoes, your nails, and hairstyle. Go out and get trendy. Last week I took a male friend of mine into Marks and Spencer, we kitted him all out in Autograph and he got some great stuff, two new outfits and shoes for just over £200, he looked and felt the business. As he was a larger man we got some dark jeans and dark shirts, one with some print on but still in a navy colour. My friend bought a pair of modern brown shoes, which set it off brilliantly and had his hair cut short and gelled; he looked HANDSOME, I was so proud to be seen out with him! Now let's talk about weight, whilst women don't necessarily expect Daniel Craig to turn up, we still like to see a man who looks after himself and is in reasonable shape. How much more confident would you feel with a better bod? I recommend you get yourself down to a local gym and book a session with a trainer to get some pointers. Weights are great to improve your pecks and upper body; women are a sucker for a good upper body!

Guys & Gals / Getting out and about

Make a plan with a friend to go somewhere new this week where you know there will be some single people of your age to meet. Try a trendy bar, club or pub. Most towns have pubs or bars where people go for a drink after work.

I remember going into a pub with a few friends who were just standing in a group and not meeting anyone, what a waste!

I stood a little away from them so that I was not surrounded by a 'pack of girls' and looking a bit more approachable, I was on the way up to the bar and **looking around the room smiling, engaging people with my eyes.** Before I knew it the guy next to me was chatting to me. We had a laugh and a flirt; he took my number and asked me out, easy! All I did was notice people around me and hold some eye contact, smile and be willing to talk to a complete stranger.

Had I have stayed stuck to my girl friends I'm not sure if I would have met MR. A , so TAKE A

How to get a date now!

RISK and GET MIXING IN WITH PEOPLE AROUND YOU.

For you guys, notice how this man took a risk and just started talking, he smiled and chatted away like we were old friends, it was perfect.

I'm going to go over this as this is where people seem to get stuck, going into a bar or club/ pub and how to engage with someone you like the look of:

Easy steps to attract the opposite sex when you are out:

- Dress up!! Look your best
- Go out **ONLY** with friends who are **FUN** and interesting.
- Be looking to chat to new people around you.
- Make eye contact and smile
- Dance/ sip your drink/ laugh / look like you **ARE** having fun already....
- Say something to the guy/ girl near you that you like the look of.
- Start a conversation
ANYTHING IS FINE.

- Ask them if they like the music?
- Where are they from?
- Who are they here with?
- Introduce your friends and get chatting....
- Keep chatting and then decide to stay or move on.
- Do it again!

Think we have that covered, so just keep happy and chatting, it's your night out you are **MEANT** to be having fun and relaxing, so make the most of it.

Oh and don't shy away. If you like them stay!

Keep chatting, eye contact, smile, and make them laugh, get a drink together, go outside and chat together, dance. Finally if you get on well suggest exchanging numbers. Ladies you can wait to be asked, men get in their quick. **PHEW!!!!**

I feel like we have had a big night out on the town already.

Stand away from the crowd so you are more approachable.

Online Dating

in 4 easy steps

Now that you are feeling more confident about getting out and about, let's take a look at the minefield that is internet dating. I'll break it down into four easy steps.

- Choosing your site
- Getting your profile up
- Choosing your photo
- How to use it properly and effectively
- Getting the date

Firstly, I invite you to remember why you are doing this little exercise; because you want to meet someone special to share your life with. Internet dating has been fun for many, over the years, it's pretty painless and an easy way to chat to people from the comfort of your own home! It's amazing how many diverse men I have met just by being 'online', did I meet my prince? Well I certainly did meet some potential.

Everyone, take a deep breath and visualise yourself with your ideal partner, where you want to be



living in five years' time, how you see yourself and your life looking?

Now choose a website – they are all a bit similar, unless you are looking for a specific category/ religion I can suggest the following;

- Guardian Soul Mates
- Match.com
- My single best friend
- The times encounters

How do I choose?

Take a look at a few sites and simply PICK ONE!!!

You can chop and change and try one out for a few months at a time.

How to get a date now!

Getting your profile up

So the basic stuff is easy; you know how tall you are, your colouring, what you do, hobbies,

Little tips / Make it sexy – eg

‘I am a fun loving girl with plenty of zest for life. I enjoy horse-riding, drama, exciting walks in the country, exotic food and being around people who make me laugh.’

Now compare this to:

‘I am a warm person, who likes to go out and socialise. I like seeing friends, walking in the country, cooking and sharing company of others.’

Doesn’t the first girl sound forty years younger and so much more appealing?

Think about what you would like to hear, what would endear someone towards you and what would grab your attention?

Good example of a male profile

‘Interesting, well-travelled gent, looking for the right lady in his life.

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Enjoys a variety of sports, plays tennis and football, open to new adventures. Loves fine dining and good food and enjoys it even better with good company. I promise to make you laugh and take you out for a most entertaining evening’

Bad example of a male profile

‘I am new to this so not sure what to say! I like going out at the weekends for a drink, watching football, spending time with my mum, and relaxing. Please get in touch if you think we have something in common.’

Feel the difference?

Choosing your photo / Get a good one

Please take a picture of you on your own, not with an ex or a child/ animal next to you, it’s you they are meeting, not the whole family. A flattering photo is always good, dress up for it; take one when you are out having fun with mates. I suggest having two photos, a regular one and an action one, you jumping into the pool or the sea, rock climbing, cycling, dancing, something that

proves you're not a couch potato (not that I have anything against couch potatoes, honest!). You can also add in a professional photo, I bet you look handsome in a suit!

Show the photo to some friends and ask their opinion, look at it yourself, would you want to contact this person?

Ask a friend to look over your profile and photo and give their opinion!

How to get a date now!

If you are a perfectionist or anxious about the photo / profile

Something I did a while ago was to get a professional photo taken. You will find someone who knows someone (and face-Book is great for this) to take a nice professional photo shoot of you for not much more than £70, may be worth it to set your mind at ease and if you can afford it.

For me it was so worthwhile investing in, I even used it on my website.

How to use dating sites effectively...

Be in the driving seat.

Have a good look through (search for people in your age category), contact the ones you like the look of straight away, send an email or chat to them online, don't waste time with winks!! They don't work.

Be on top of it, every time you go online to the dating site, once or twice a week (more if you are serious about meeting someone and have time) contact ten members in the same way.



An example of a good email to send online - Make it down to earth and engaging:

'Hi, I loved your profile picture and wanted to break the ice, I notice you like scuba diving, where do you like to dive?'

Give them a call to action.

What not to email:

'Hi, I'm new to the site and thought we may as well say hello', my name is David, let me know if you want to meet up.'

DO keep up with your emails and messages; try to reply within a day or so when someone contacts you.

Don't worry about looking cool, rather they don't lose interest or think you have other things on the boil!

GET TALKING!!!

If like me you want to start out spending hours and hours doing online chat then fine – I can assure you that its all a bit of a time waster.

I soon wised up and limited my online contact to about three or four messages, after which I would suggest we chat on the phone (if they do not suggest it first).

Guys – after exchanging a few rounds of emails, liking the girl's profile, getting a good vibe – ask for her number and CALL!!!

JUST DO IT!

Online dating was set up so that people MEET – go out and date, not find lifelong pen pals.

This shows CONFIDENCE AND ASSERTIVENESS WHICH WOMEN LOVE!!

Ladies – here is your part, contact by email, msm, skype or whatever you both decide, and then get him on the phone! There is no point wasting your time with someone who gets a kick out of just 'chatting up' women on line, you are wasting your precious time.

One friend of mine saw someone she liked on line and initiated an online conversation. After a couple of minutes she suggested that if he was free they should get off the computer and go out for a coffee that night. Four years later they are living together sharing five kids and a dog. Get the point... **ACTION ACTION ACTION!**

Be warm in your tone
it does not pay to be aggressive

Stay feminine and warm in your tone, for example:

"It has been lovely chatting with you and I'd really like to hear your voice now, perhaps we can chat on the phone next time?" This is non-threatening and inviting.

How to get a date now!

What not to say

“I am losing patience with all this online business; it’s not getting me anywhere. If you want to speak to me then just ask for my number already!” Again – one phone call one date!!

Get the pattern?

Pheww! Another point off my chest, we are nearly ready to move onto the really fun stuff...