

## LifeMates - The First Date Impressions

MATCH ME



So you've made a connection. You've liked the phone conversations or the emails that have been exchanged and now it's time to meet face to face.

Where should you go? What should you wear? Do you need to confirm? There are lots of things to consider- and while doing so, it's best to remember that both of you will be feeling a bit of anxiety.

When selecting a first date venue, the most important consideration should be conversation.

Movies are out. Loud night-clubs are a mistake. The coffee shop or cafe is becoming ever more popular because they can afford a balance between privacy and publicity. The time of the meeting is important as well. There's very little pressure in meeting for a lunchtime coffee on the weekend. If you feel the date is not going well, you can always move on with your day. If the date is going incredibly well, you can always clear your calendar and let the date continue into evening.

### The best place to start

making a good first impression is with what you wear. Make your attire reflect the best of who you are and make sure your date knows that your first meeting is important to you. Wear something you're comfortable in and don't be afraid to choose clothing that accents your best physical attributes.

When it comes to the small-talk, keep it light! A new date is not a dumping ground for everything that bothers you in life. Stay positive and avoid negativity. Previous relationships are out of bounds! Keep an ear to the conversation and make sure it's not one-sided.

Be aware of what your body is saying. Body language is very important for sending the right message to your date. Is it going well or is it bombing? Examples: Light body contact, such as a quick touch of the arm or a playful tap of the hand, is a very positive signal that your date is comfortable or attracted. If your date is very static or is sitting with their arms crossed, this is not a good sign. The simplest and most positive signals can be sent with a smile or eye-contact.

At the conclusion of the date, whether good, bad or indifferent, be honest in your communication. If it went

### Match of the Month

#### What Marc said

*Tiffany and I have decided to place our file on hold. We enjoy being together and have a great time. We speak all the time and try and spend as much time together as we can. I have met her parents on the weekend and I am introducing my daughter to her on the weekend.*

*I love the fact that she is not intimidated to meet my daughter as she is a teen. She knows where she going is close to her family as I am with mine she has a great personality and she is loving.*

Marc

#### What Tiffany said

*Mark and I have been out a few times now and speak every day. For our first date we went out for drinks and wings. We spent three hours together. I have introduced mark to my parents and they really*



well, tell your date you had fun and would like to see them again. If it didn't go well, be complimentary, but honest. Something like: "I think you're great, but I don't see this going forward." Being honest lets both of you move on in the hopes of finding the right person.

### Matchmaker Tip of the Month

"Make sure that your first contact with your potential new flame is done the old fashioned way - speak to them. Nothing is as impersonal as an email, tweet or text. It's a bad way to start a new relationship. It sends the message that you don't care or have the confidence to pick up the phone."



Have a question for our Matchmakers? Send an email to [membersupport@lifematescanada.com](mailto:membersupport@lifematescanada.com) and you may find your question featured in the next newsletter.

*like him and he really understands me which is very important to me. Marc is understanding, loyal, honest. I am placing my file on hold to explore things with Marc and I.*

Tiffany

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### As Seen On



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