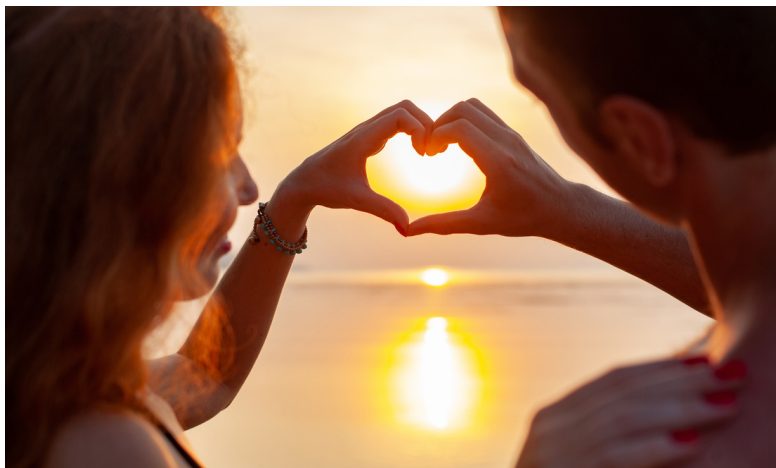


The Art of *Flirting*



*A Guide to Making
a Lasting Impression*

After Hello
MATCHMAKING+



Master the Art of Flirting on Your First Date:

A Guide to Making a Lasting Impression

Flirting on a first date can feel like walking a tightrope. You want to show interest without coming on too strong, exude confidence without seeming arrogant, and keep the conversation fun yet meaningful. The good news? Flirting is a skill you can learn, and it's all about being authentic and present. Let's break it down with tips on finding your flirting style, picking up on cues, leveraging body language, and boosting your confidence.

Discover Your Flirting Style

Not everyone flirts the same way, and that's perfectly okay. Understanding your natural flirting style can help you feel more at ease. Are you the playful type who enjoys teasing banter? Or do you prefer a more sincere approach, using compliments to express genuine interest? Perhaps you're a subtle flirter, relying on quiet gestures and meaningful glances. Embrace your style and use it to your advantage. Authenticity is key —your date will appreciate the real you far more than a forced act.



Key Take Away:
Be Yourself: Figure out your flirting style. Whether you're playful, sincere, or subtle, be genuine.

Pick Up on Flirting Cues

1

VERBAL CUES

Playful jokes, compliments, or asking personal (but not too intrusive) questions.

2

PHYSICAL CUES

Leaning in when you speak, maintaining eye contact, or mirroring your movements.

3

ENERGY CUES

A warm, open demeanor and genuine laughter.



Key Takeaway:

Read the room:

Pay attention to how your date responds.

If they're flirting back, keep going.

If not, change your approach.

Let Body Language Do the Talking

Words are important, but body language often speaks louder. Use these nonverbal signals to show you're engaged and interested:

Subtle touches:

If the moment feels right, a light touch on the arm or shoulder can create a sense of connection. Be mindful of boundaries and ensure your gestures are welcome.

Smile

A genuine smile can instantly put your date at ease and convey warmth

Eye contact:

Holding eye contact shows confidence and attentiveness, but don't overdo it—you don't want to stare.

Open posture:

Avoid crossing your arms or leaning away, as these can signal disinterest. Instead, face your date and keep your body relaxed.

Fast-Track to Feeling Confident

Prepare Beforehand

Think of a few topics you'd like to discuss or questions to ask. This can help ease any anxiety about awkward silences.

Dress to feel good

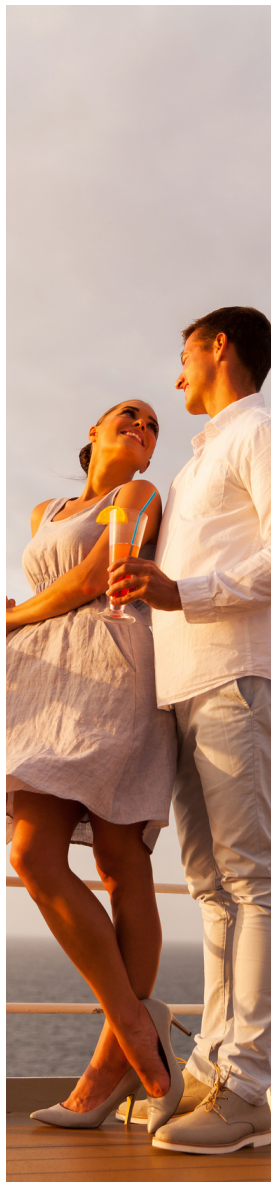
Wear something that makes you feel comfortable and confident (Maybe a little sexy too). When you feel good about how you look, it shows.

Focus on the positive

Instead of worrying about what could go wrong, remind yourself of your best qualities and why your date is lucky to spend time with you.

Stay present

Rather than overthinking every word or action, focus on enjoying the moment. When you're fully engaged, your confidence will naturally shine through.



Final Thoughts

Flirting on a first date doesn't have to be complicated. By staying true to yourself, being attentive to your date's cues, and using body language effectively, you can create a fun and memorable experience for both of you. And remember, the ultimate goal of flirting is to build a connection, not to impress. So relax, be yourself, and enjoy the journey of getting to know someone new



Sources and Resources for Further Learning

- Books:
 - "The Art of Flirting" by Susan Rabin
 - "The Definitive Book of Body Language" by Allan and Barbara Pease
- Professional Support:
 - Our Dating Coaches & Matchmakers can provide personalized advice and feedback. They can also help with social anxiety or self-esteem issues that may hinder flirting