

Before We Meet

You've already taken the first step.

Choosing to explore matchmaking is personal. For many of our clients, scheduling this conversation is the moment they decide to stop leaving one of the most important parts of their life entirely to chance.

Your consultation with When We First is a conversation about you — where you've been, what you want now, what may not be working, and whether we believe we're the right team to help you get there.

A WELCOME GUIDE FOR PROSPECTIVE CLIENTS

What to Expect

Your Relationship History

What has worked, what hasn't, and what we've learned from it. Patterns often reveal more than timelines.

Who You're Looking For

Your values, lifestyle, attraction, preferences, non-negotiables and long-term vision — beyond a checklist.

Your Dating Patterns

Who you choose, who you overlook, where connections tend to break down and what may be getting in the way.

What Alignment Actually Looks Like

Emotional, intellectual, physical, lifestyle and relationship compatibility — not just shared interests on a profile.

How Matchmaking Works

How we search, recruit, screen, vet, introduce and support you throughout the process — from first call to lasting connection.

What We're Determining

Whether we can realistically help you — based on what you're looking for, where you are in life, and whether this is the right time and context for matchmaking to work.

What You're Determining

Whether you trust us — our process, our judgment, and our ability to introduce you to someone worth knowing. That trust has to be mutual before we move forward.

No ethical matchmaker can guarantee chemistry, love or marriage. You aren't purchasing a person. **You're investing in a professional process designed to give finding the right person more intention, expertise and human involvement.**

How Do You Decide?

Evaluating an intangible service is genuinely difficult. You can't test-drive matchmaking before you buy it, and there's no standardized metric that tells you whether a team is the right fit. So rather than searching for guarantees that no ethical company can offer, we invite you to ask yourself a different set of questions.

Instead of asking *"Can you guarantee I'll meet my person?"* — consider asking:

Do I believe this team understands me?

Not just my preferences on paper — but my history, my patterns and what I'm genuinely ready for.

Do I trust their experience and process?

Have they worked with people like me? Do they approach this work with sophistication and discretion?

Am I comfortable with how they'll represent me?

Matchmaking requires a level of vulnerability. The team working on your behalf should earn that trust.

Am I ready to make dating a priority?

Matchmaking works best when clients are engaged, responsive and genuinely open — not just theoretically interested.

Would professionals actively working alongside me be more effective?

Than continuing to do what I've been doing — with the same results I've been getting?

"If nothing changes about the way I'm dating today, am I happy with where it's taking me?"

A question worth sitting with before your consultation.

More Than a Match

An introduction can open the door. What happens next matters just as much.

Matchmaking isn't simply about finding people for you to meet. Throughout the process, your matchmaker becomes a source of strategy, perspective, feedback and accountability — helping you understand not only *who* you're meeting, but *how* you're dating.

The coaching dimension of our work is, for many clients, the most transformative part of the experience. It's where patterns shift, blind spots are named and real progress happens — not just in finding a partner, but in becoming a clearer, more confident version of yourself in relationships.

Know Yourself

- Attraction vs. Alignment
- Dating Patterns & Blind Spots
- Attachment & Emotional Availability

Date Differently

- First Dates & First Impressions
- Standards vs. Expectations
- Giving Connection Time to Develop

Understand Connection

- Feedback After Introductions
- Recognizing Emotionally Healthy Partners
- Dating After Divorce or Heartbreak

Build Something Healthy

- Communication & Vulnerability
- Building Healthy Boundaries
- Creating Healthy Relationships



What Our Clients Say

These words belong to real clients. We share them not as a sales tool, but as a window into what this experience has meant to the people who've trusted us with something deeply personal.

“

"I like getting weekly calls, feel encouraged, learning a lot about myself and dating... I personally appreciate that kind of thing and I call it my dating therapy!"

— J.W., When We First Client

Client review via Trustpilot · August 2026

”

“

"Sandra has been the perfect person to bring me back into dating. She asked questions and was part therapist, making me think about what I really wanted and what I was really looking for. She found me someone that is an amazing match."

— Alyson A., When We First Client

Client review via Trustpilot · April 2026

”

“

"You're not just being set up with someone who, on paper, is a match; you're getting thoughtful support before and after each introduction — tips, coaching, and real guidance."

— Nia J., When We First Client

Client review via Trustpilot · January 2026

”

"It has been the most meaningful dating experience I've ever had."

— Nia J., When We First Client

Come As You Are

Come to the conversation honestly, openly and ready to talk about what you really want. We'll take it from there.

Expertise Years of experience connecting people with intention, insight and a deep understanding of what makes relationships work.	Strategy A thoughtful, curated approach to introductions — grounded in who you are, not just what you're looking for on paper.
Support Ongoing coaching and guidance throughout the process, so you're never navigating the experience alone.	Intention Everything we do is in service of one goal — helping you find a relationship that is genuinely right for you.

We look forward to meeting you.