

Rachel New  
Dating Coach



**Let's change the norms of  
dating:  
treat each other well  
have an open mind  
make a better world**



# Mindful dating

Website: [rachelnewdatingcoach.co.uk](http://rachelnewdatingcoach.co.uk)

Facebook: [www.facebook.com/rachelnewdatingcoach](http://www.facebook.com/rachelnewdatingcoach)

Twitter: [@RNewDatingCoach](https://twitter.com/RNewDatingCoach)

Instagram: [@racheldatingadvice](https://www.instagram.com/racheldatingadvice)



# Type your answers into the chat

- What are your new year's resolutions for your love life/ relationships?
- What would you like your dating to look like in 2022?
- What does a mindful approach to life and dating mean to you?

To get the handouts from this event, please sign up to Rachel's mailing list:

<http://eepurl.com/hJMU2L>



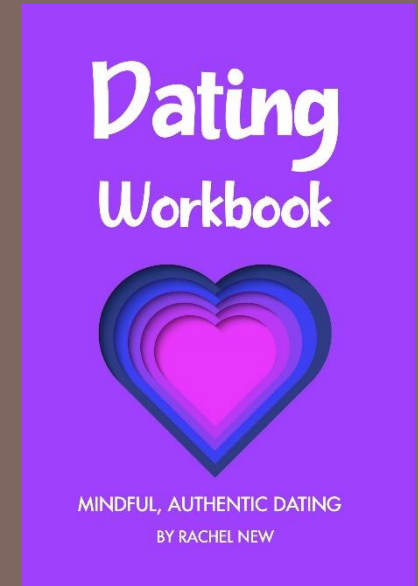
# Understanding your blueprint, beliefs, expectations, emotions

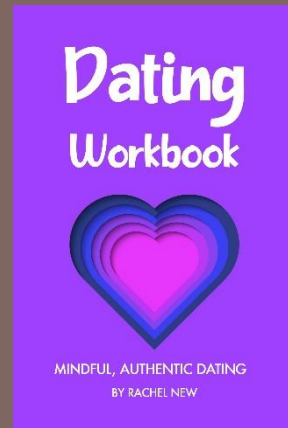
*What springs to mind when you think of dating?*

- *an exciting journey*
- *a hopeless task*
- *a complex puzzle to solve*
- *a terrifying trial*

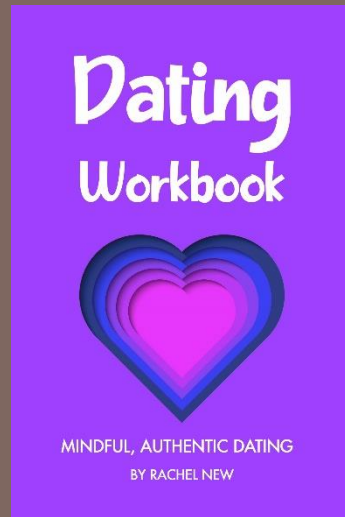


1. Why do I want to date?
2. What can I learn from past relationships?
3. What is my relationship blueprint?
4. What is my concept of love?
5. Who am I?
6. Do I feel good about myself?
7. Am I ready for dating?
8. What relationship skills do I need to work at?
9. What are my relationship needs?
10. What are my deal-breakers and deal-makers?
11. What kind of relationship do I want?





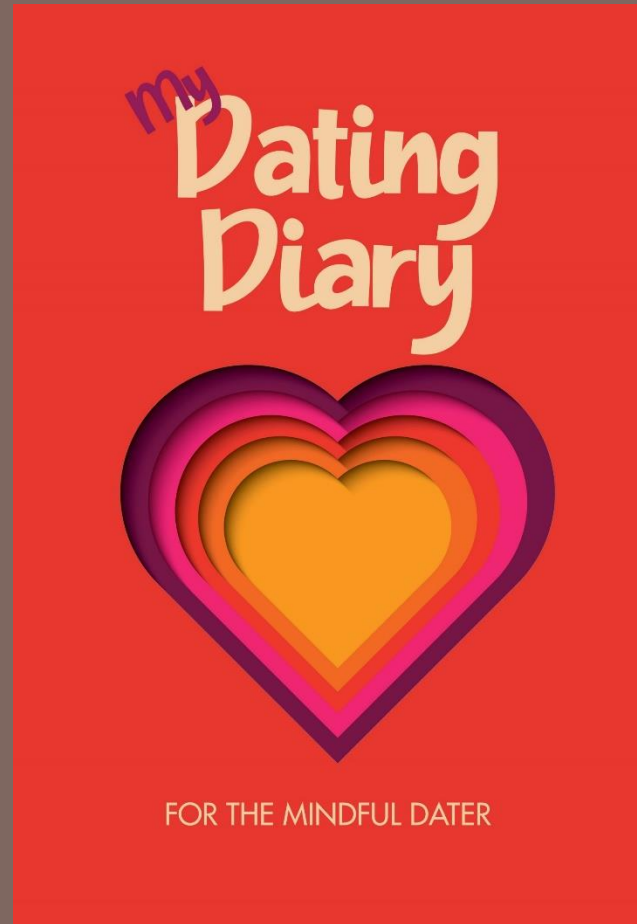
12. What kind of dating is best for me?
13. How does online dating work?
14. How do I write a dating profile?
15. What is the role of photos in a dating profile?
16. What kind of messages work on dating apps?
17. How do I get a first date?
18. How do I prepare for a first date?
19. Why is my date not what I expected?
20. How do I make sense of dates that don't work out?
21. How do I decide whether to have a second date?



22. How is a second date different from a first date?
23. When should I become intimate?
24. How should the first ten dates look?
25. How do I move into a relationship?
26. How do I know someone is right for me?
27. What makes a good relationship?



# Keep a record of your dates





# Coaching programme

## Session 1: Celebrating yourself

- To feel good about yourself and give off the right vibe
- To identify your strengths, values, goals
- To understand your relationship with yourself
- To apply this to your dating profile, online messaging and real life conversations

## Session 2: Making sense of your past

- To make sense of the place you have reached in your life
- To recognise the influence of your upbringing and previous relationships
- To identify your “blueprint” for relationships, love and attraction
- To become aware of your attitudes, beliefs, expectations, behaviours and emotions around dating
- To explore research on attachment styles
- To “tell your story” on a date

## Session 3: What are your relationship needs?

- To explore different models of dating and relationships
- To be selective and have high expectations
- To believe you deserve to be treated well
- To explore and articulate your relationship needs
- To distinguish between essentials and desirables
- To learn about red and green flags

## Session 4: The psychology of online dating

- To learn about the costs and benefits of online dating
- To gain some insight into the psychological processes underlying people’s behaviour when online dating
- To explore the best dating apps for you
- To learn what works in a dating profile





## Session 5: Successful messaging

- To increase the number of messages sent and received
- To make the messaging process more efficient
- The aims of messaging and some dos and don'ts
- Initial messages that work
- Implicit messages: what you communicate indirectly
- To move from messages to dates with the right people

## Session 6: Dating skills, conversation skills, emotional intelligence

- To enjoy your dates more and reduce date anxiety
- To use the date effectively to find out key information
- To build a connection and create warmth and chemistry
- To get down to a deeper level
- To create a personalised bank of questions and topics of conversation for dates

## Session 7: Dating etiquette, norms, communicating your needs and preferences

- To communicate about intimacy, sexual health, hygiene, COVID safety
- To use and interpret non-verbal communication on dates
- To get second dates with the right people
- How to decide if you want another date
- To make sense of dates that don't work out
- To discuss how the first ten dates should look

## Session 8: Relationship skills

- To judge when dating should become a relationship
- To make sense of our conflicting needs for novelty and security
- To keep the fire burning when dating turns into a relationship
- To live with difference and challenge
- To communicate effectively
- To try new ways of dealing with conflict, misunderstandings and apologies



# Future events:

**Monday 10/01/22**  
**20:00**

Online Workshop:  
Relationship skills  
for 2022



All current events are listed here

<https://rachelnewdatingcoach.co.uk/events/>



**Thursday 13/01/2022 20:00**  
Divorce, separate or stay?





**Saturday 29/01/22**

**16:00**

In-person New Year  
workshop and social  
with The Divorce Club





**Wednesday**

**09/02/22 20:00**

Online Book Club:  
Heartburn by  
Nora Ephron





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# DIVORCE CLUB

Website

[divorceclub.com](http://divorceclub.com)

Facebook

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Instagram

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# Mindfulness Reading

- *Finding My Right Mind: One Woman's Experiment to Put Meditation to the Test* by Vanessa Potter
- *The Mindful Self-Compassion Workbook* by Dr Kristin Neff & Dr Christopher Germer
- *Self-Compassion: the proven power of being kind to yourself* by Dr Kristin Neff
- *Fear: Essential Wisdom for Getting Through the Storm* by Thich Nhat Hanh
- *The Art of Breathing* by Dr Danny Penman
- *A Book of Silence* by Sara Maitland
- *Teach Us to Sit Still: A Sceptic's Search for Health and Healing* by Tim Parks
- *Lovingkindness: The Revolutionary Art of Happiness* by Sharon Salzberg
- *Breath* by James Nestor