



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

## An Eight Week Online Dating Programme with Rachel New

### Session 1: Celebrating yourself

#### Aims:

- 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

#### Aims:

- 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?

#### Aims:

- 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

#### Aims:

- 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



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*Aims:*

- 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**

*Aims:*

- 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**

*Aims:*

- 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**

*Aims:*

- 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

**To find out more about cost and schedules**

Email [rachel@rachelnewdatingcoach.co.uk](mailto:rachel@rachelnewdatingcoach.co.uk) or

Sign up to the mailing list at

<http://eepurl.com/hJMU2L> and type "Coaching Programme" into the events box.