

Introvert Dating Virtual Workshop

Welcome to the Introvert Dating Virtual Workshop.

I'm excited to share my introvert specific dating advice, which I've honed from being on over 100 dates, as well as consulting with top dating and relationship experts.

During this workshop, you'll discover:

- The top challenges introverts face when dating and how to overcome them
- Mindset tricks to stop overthinking and feel at ease in your own skin
- How to overcome shyness and anxiety around the person you're interested in
- How to approach and talk to someone you find attractive, even if you're shy
- The secret to feeling more confident and open on a first date and beyond
- The first step to getting out of a dating rut and meeting high value men or women
- How and when to use physical contact during a date
- How to use body language and voice tone to boost your confidence and appeal
- Little known techniques for instantly boosting your attractiveness

We'll also have a 10-minute break in the middle and time for Q & A towards the end of the workshop.

We're going to be covering a lot, but I want you to know that if you master just one of the things that I share, it can make a huge difference. Focus on one or two things that resonate with you most to start off.

Introduction

As an introvert, you have unique dating challenges that can make dating both frightening and frustrating.

I can definitely relate to most of the typical introvert dating dilemmas. Growing up, I always felt awkward around boys that I liked. I pretty much switched off around them and didn't know what to say.

Instead of being flirtatious (like I wanted to be), I came off as aloof and disinterested. Or I went under the radar completely.

It didn't help that I didn't have much confidence in social situations. I always felt

disconnected, like an outsider. Sure, there were boys who liked me. But I barely noticed them because I was always fixated on one boy.

I dreamed and fantasized about this boy constantly. I would have whole imaginary conversations with him. But in real life, I barely made eye contact with him.

Does sound familiar to you? A lot of introverts tend to focus intensely on one love interest, even if that person is completely oblivious to our existence.

Meanwhile, several real prospects pass us by because we don't look up from our fantasies. More on this later.

Eventually, my dating life started to shift.

After going through a bad breakup, I stumbled upon some golden advice from a dating guru. She said that I should accept a date with any man who asked.

She also gave me a few other priceless pieces of dating advice that completely transformed my approach to dating, and all interactions for that matter.

I followed her advice to a T. And it was miraculous how things changed for me. Men started me asking me out more. My confidence around men, even the ones I liked, steadily grew. Not only that ...

The way men behaved around me completely changed. They leaned in more, took more initiative, and treated me with more genuine respect.

After a year of accepting a date with any man who asked (provided it felt safe to do so), I'd been on dates with dozens of men from all walks of life. I'd been on dinner dates, lunch dates, beach dates, dance dates, movie dates - you name it.

I rarely went on more than two dates with the same man. And, in case you're wondering, I did NOT sleep with most of them.

I had set out to only accept a date with anyone for one year, but eventually it just became a habit. I noticed that the more dates I went on, the more men wanted to date me. It became a fun (and sometimes exhausting) experiment.

One night, after doling out some dating advice to one of my girlfriends (a common occurrence by then), she playfully proclaimed that I'd earned my PhD in dating.

After over a hundred dates, a few whirlwind romances, and countless articles, podcasts and videos on love, I feel like I really have earned my PhD in dating.

That's why I'm so excited to be sharing my dating wisdom with you today. I understand the challenges and obstacles you face dating as an introvert. And I'm going to help you overcome them.

First, let's discuss what exactly those challenges are.

1. Fixating on one person.

2. Overthinking

3. Overwhelm

4. Communication challenges

The most important thing is to first recognize that you are not alone in these challenges. Most introverts struggle with all the things I just mentioned. It doesn't mean there is something wrong with you.

In fact, the first step to overcoming your innie dating dilemmas is simply to be aware of what is happening, and stop crucifying yourself for it.

Throughout this workshop, you'll learn how to navigate these challenges, so you can more confidently approach, talk to, and date people you're interested in.

3 Steps to overcome approach anxiety

What is approach anxiety?

- Both men and women can have approach anxiety, just in different ways
- For introverts, it usually manifests as avoidance, or becoming tongue-tied
- It stems from low confidence and overthinking

How to overcome it

Step 1 - Get out of your head and into your body.

This takes practice! If you are someone who tends to be in your head a lot, feeling your experiences through your senses won't come naturally. You have to consciously practice the art of presence.

Exercise

Start today by noticing how things feel on and within your body. Notice the texture of your clothing and how it feels against your skin. Bring your awareness

to the pressure of the hot water on your body when you shower.

When you are with others, and your mind starts to wander, coax it back to the now by focusing on the sensations on your skin, or the gentle rise and fall of your chest as you breathe.

Tomorrow, you can bring your awareness to a different sense, such as smell or taste. You might find it helpful to set aside a specific time to focus on sensations. The important thing is to simply become more aware of the feelings, sounds, smells, and tastes that you encounter each day.

Step 2 - Change your mindset

When it comes to approaching and being receptive to advances, it's all about changing your mindset.

- Think *abundance* instead of scarcity
- Think experiment instead of test
- Focus on action instead of results

Step 3 - Start with simple challenges

- Smile at three strangers
- Say 'hello' to two people
- Make eye contact with three people
- Introduce yourself to one person you're attracted to at a party
- Invite one person out to coffee

How to approach and receive

- The interaction begins before you approach with thoughts, eye contact, body language and facial expressions
- Don't hesitate (it can come off as creepy and build anxiety)
- Use simple, standard openers
- Allow a little awkwardness and trust that all is well
- Remove judgment
- Focus on the experience, not the outcome (you're not trying to trap a bear - enjoy it!)

How to get over being tongue-tied

- Don't expect either one of you to carry the conversation
- Use conversation igniters and open-ended questions discussed in my Small Talk Hacks For Introverts Webinar <https://www.youtube.com/watch?v=eZ1ZWfVWFXI> and Fulfilling

- Connections For Introverts course
- Shift your beliefs around being a quiet person
- Engage with your eyes, body language and facial expressions
- Say more with less (focus on passions, opinions, feelings, ideas)

****10 Minute Break****

The invitation

- Keep it simple and sincere
- Text and IM with caution
- Assume it's a yes
- For women, say 'yes' in your mind before he asks
- For women, a simple "I'd love to" is best

Before the date

- Clear your mind through visualization, distraction and sensory awareness
- Let go of expectations and view it as an experiment or practice session
- Set your intention for the date
- Your appearance matters - take pride, have fun, be authentic

8 Simple steps to ace a first date

1. Relax into it - allow for warmup time. Trust that it will go well
2. Remove judgment
3. *Use touch to show confidence, and establish rapport*
4. Use attractive body language
5. Speak in your resonant voice
6. Look for jump-off points into more meaningful conversation
7. Appreciate, appreciate, appreciate!
8. If you're interested, let them know

Remember that authenticity and confidence are what make you most attractive. Of course, this begins on the inside, but there are ways you can show your authentic confidence on the outside.

- Stop apologizing, adjusting, and second-guessing
- Make your opinion of yourself more important than what others think
- Give yourself permission to shine your light

Before we dive into Q & A, I want to give those of you who are ready to really dive into dating the chance to be supported by me.

In-person VIP Dating Breakthrough Intensive

This is an in-person 2-day coaching intensive where I work with you one-on-one to boost your confidence, and attractiveness and transform your dating story.

You'll discover:

- How to release negative patterns, habits and limiting beliefs that have been sabotaging your dating efforts
- How to boost your confidence and attract high value men or women
- The best approach to online dating, including how to create an enticing profile that gets noticed
- Specific grooming and styling tips to boost your attractiveness
- How to make a lasting impression on a first date and beyond
- For women: learn how to reconnect with your feminine essence and sensuality so that you become a man magnetic WITHOUT being fake or pretending to be an extrovert
- For men: find out how to naturally escalate touch to create an atmosphere of seduction

And much more!

I am now booking intensives for late spring and summer. I can only do one per month, so I am opening a maximum of four spots right now. You can apply for an interview for one of these intensives by filling out an application form. This is a no obligations phone interview to help us both find out if the program is a fit for you.

Apply

here: https://docs.google.com/forms/d/1Q2IMcKJcqlpl3-tHiNFwjzrglXKyc4uRaHCQkdKqd0o/viewform?usp=send_form

Q & A

You will have access to the replay of this workshop all of this week. I may have to take it down, or transfer it to a new location, so I recommend that you download it, or create your own more detailed notes.

Small changes lead to big results. So, start today by taking just one small step towards your dating goals.

Most importantly, remember that you're worthy of love, connection and all other good things the world has to offer.

Thanks so much for being a part of this webinar. I appreciate your presence and your willingness to grow. And I believe in you.

Enjoy the rest of your weekend!