

GUIDE

• **TO** •

ONLINE

DATING

**WHAT YOU NEED TO
KNOW TO FINALLY
GET IT RIGHT
ONLINE AND
MANIFEST GREAT
DATES!**

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What the Research Tells Us – Why Online Dating is One of the BEST Tools Out There

There are all sorts of great dating statistics out there now and I could spend all day analyzing the data with you...

The bottom line is this: at least 20% of the population is meeting their significant other **online** and that number has shot up since inception (and still rising...)

You get to have multiple tools in your toolbox to meet a great mate! That's why coaching is so amazing!

Coaching sets you up for success to meet your mate online AND gives you the tools to be the most confident, authentic, amazing you: ANYWHERE.

You maximize your chances of meeting the one, either while on an online dating site, at a bar, a friend's party, coffee shop, gas station, or wherever your beautiful souls find each other.

If you're reading and still curious about how the stats stack up, here are a few links to great articles where you can satiate your analyzing-savvy self...:

More than a third of U.S. married couples now meet online, according to NY Daily News:

- <http://www.nydailynews.com/life-style/one-third-u-s-marriages-start-online-dating-study-article-1.1362743>

Business Insider shares that over 20% of heterosexual couples meet online, and that percent skyrockets to over 60% for homosexual couples:

- <http://www.businessinsider.com/most-american-couples-meet-online-2016-9>

The Washington Post also shows us over 20% of hetero couples now meet online:

- https://www.washingtonpost.com/news/wonk/wp/2016/03/08/how-much-life-has-changed-in-one-incredible-chart-about-dating/?noredirect=on&utm_term=.e6153035aa85

What the Research Tells Us – Why Online Dating is One of the BEST Tools Out There

BONUS!!!

- Screen matches from the comfort of your own home
- Leaves much of the typical guesswork out that you find in “meeting people organically”
- If you’re limited on time due to career, kids, etc – this super focused method can help you keep you organized while you search for matches AND you can be check-listing before you even meet anyone to easily weed out matches that aren’t ideal
- Online dating is another way to manifest great love. Men who are open to MULTIPLE streams of attracting these possibilities tend to be the most successful in manifesting long-term partnership

OK, now that you're all excited about online dating, let's get into the deets around how to make it WORK.

What Works in Dating Profiles and Communications

My experience of what works – coming across with:

- Kindness and compassion
- Openness & receptivity
- Positivity, lightness, and genuine happiness
- Crystal clear & detailed desires
- Attractive presentation – profile is thoughtfully and carefully selected/curated
- Quality + ample photos to provide a solid representation of the authentic you
- **Every opportunity taken** to represent yourself (take up ALL the text and photo space)
- Showing up from a vulnerable, **empowered**, and an in-control perspective
- Authentic and relaxed
- **Confident** and ready to take on life
- Fun, light-hearted
- Grounded and with meaningful intention
- Gentle but affirmative and direct gaze/demeanor
- Polite, conscious, and thoughtful presentation overall

What Doesn't Work in Dating Profiles and Communications

My experience of what doesn't work – coming across with:

- Insensitivity and lack of empathy and/or confrontational/negative
- Disconnection & walls/shut down
- Negativity and lack of happiness, wounds show clearly, and from a victim space
- Lack of clarity and detail in desires - vague or ambiguous language
- Profile appears unpolished - not thoughtfully curated with quality photos and language
- Lack of quality + ample photos to provide a solid representation of the authentic you
- Missed opportunities to share personality traits via photos and text in the profile
- Showing up from an aloof, disempowered, and lacking self-control
- Inauthentic and anxious
- Lacking confidence
- Serious and heavy-hearted
- Not grounded and lacking meaningful intention
- Disconnected eye contact or intense eye contact that appears overly aggressive
- Disrespectful language/gestures, or lack conscious effort in the presentation

Dating Profile Photos - Do's and Don't's (& WHY)

Photographic examples of the concepts we went over in "What Works in Dating Profiles and Communications." Can you guess which phrases match which concepts?

Some Effective Photo Types:

Gentle eye contact (think "gaze")



Makes you seem friendly, connected, approachable

Use photos with furry friends



Shows off your sensitive, compassionate, soft side

Photos of you in your best light - confident, authentic, sexy, happy, connected (~80%)



Demonstrates your relatability and confidence

Photos of you doing things you love (~20%) #fun!



Your matches get to know the *real* you.

Use high-quality, high-res images that are not grainy



Shows your thoughtfulness in presentation, a match is more likely to recognize your profile as legitimate and not a fake or scam account

Keep it cleancut - first impressions matter (no pjs, sweatpants, bathroom selfies, etc - leave that for date 6 ;-)



Visually-speaking, first impressions do matter. Put your best foot forward!

Dating Profile Photos - Do's and Don't's (& WHY), ctd.

Photographic examples of the concepts we went over in "What Works in Dating Profiles and Communications." Can you guess which phrases match which concepts?

Some Less Effective Photo Types:

Looking away, located far away, covered face, or have sunglasses on in all/most photos



Could make you appear aloof or disconnected to a potential match

Pictures with kids and other people, or a graphic - i.e. pic of your animal, without you in it



Could send a confusing message to a potential match regarding your appearance, availability, lack of commitment to the process, or potential commitments/responsibilities

Inauthentic or insecure facial expressions



Show yourself in the best possible light. Energy is everything - if you weren't feeling it in the photo, don't post!

Photo that make you look intimidating, frustrated, aggressive, or scary



Your matches want to get to know you - don't scare them away before they've even swiped through pic #2!

Photo with you engaging in drunk, rude, or overtly sexual gestures



Remember - you are looking for a quality mate, not a hookup so be mindful of what you post, lest you attract less than ideal matches seeking a physical-only connection.

Examples of Effective Photos for Her



Happy, Confident, Playful, Kind



Happy, Confident, Playful, Kind



Happy, Confident, Playful, Kind



Happy, Confident, Authentic, Kind



Happy, Confident, Connected, Kind



Happy, Confident, Authentic, Kind



Happy, Confident, Authentic, Kind



Confident, Creative (Use Sunglass Pics Sparingly)

Examples of Effective Photos for Her, ctd.



Playful, Confident, Kind



Confident, Connected, Kind



Confident, Full-length



Authentic, Confident



Confident, Happy, Playful, Authentic (Use Sunglass Pics Sparingly)

Examples of Less Effective Photos for Her



Angry and a Touch on the Scary Side



Far Away, with Sunglasses



Inauthentic



Looking Away, Blends Into the Bcgd



Far Away, Looking Away, Blends Into the Bcgd



Sunglasses, Looking Away



Not Grounded, Inauthentic



Who's Who?

Examples of Less Effective Photos for Her,



Looking Away, Distracted



Bathroom Selfies = NoNo



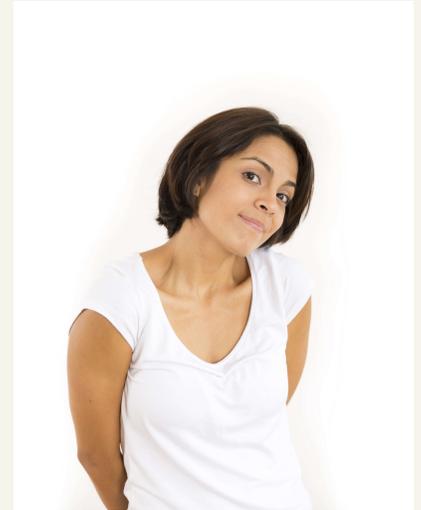
Hiding, Blends into Bcgd



Unpolished, Far Away, Abrasive



Shy, Insecure



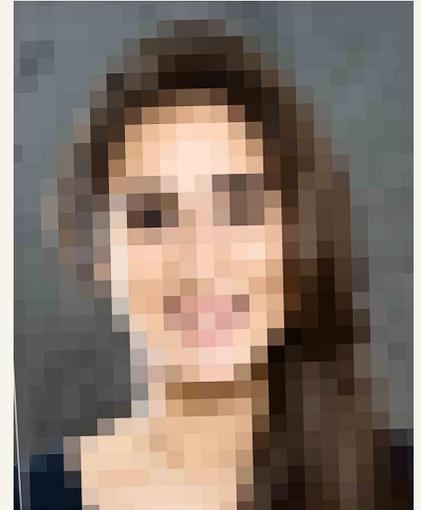
Shy, Insecure



Overly Sexual Photo



Gossiping, Inauthentic, Insecure



Blurry Photo

Examples of Effective Photos for Him



Confident, Playful (Use Sunglass Pics Sparingly)



Confident, Authentic, Connected, Kind



Confident, Playful, Happy, Authentic, Kind



Confident, Playful (Use Sunglass Pics Sparingly)



Connected, Confident, Authentic, Kind



Confident, Connected, Kind, Authentic



Confident, Happy (Use Looking Away Pics Sparingly)



Confident, Playful (Sunglasses = Use Less)

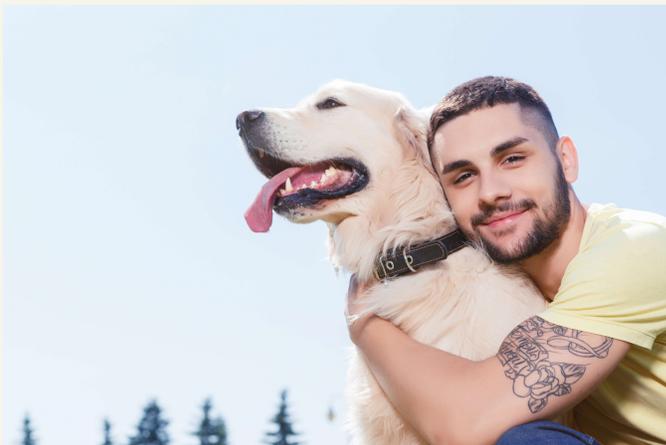
Examples of Effective Photos for Him, ctd.



Confident, Authentic, Connected



Confident, Full-length photo



Confident, Playful, Authentic, Connected, Kind



Confident, Playful, Connected, Kind
(Disclaimer on Photo, eg.: "My adorable niece!")

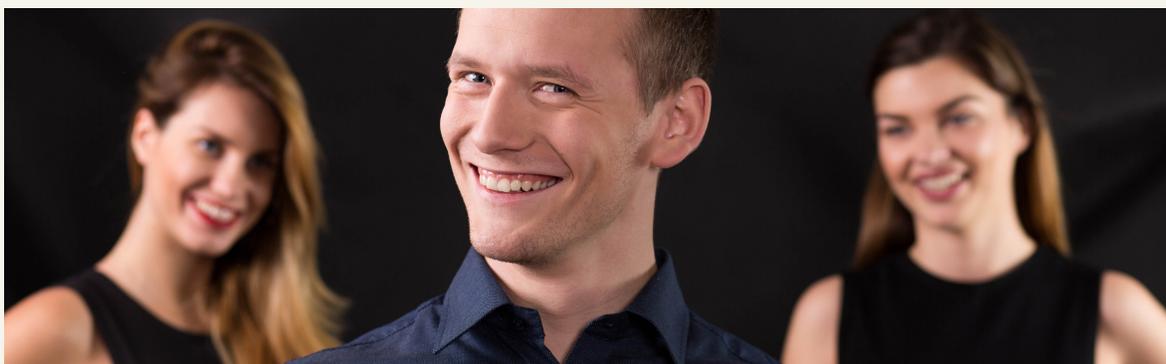
Examples of Less Effective Photos for Him



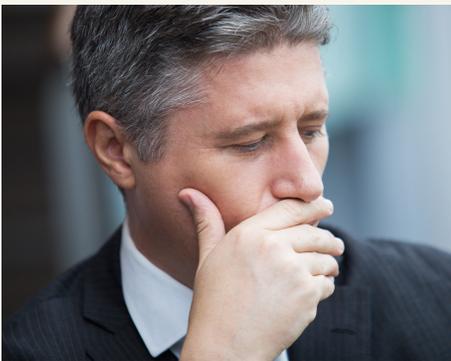
Happy, Confident, Playful



Happy, Confident, Playful



Examples of Less Effective Photos for Him,



Dating Profile Language - Do's and Don't's (& WHY)

Real-life textual examples of the concepts we went over in "What Works in Dating Profiles and Communications." Can you guess which phrases match which concepts?

Effective Phrases:

"Seeking adorable, fun-loving lady who is in love with life and is ready to share it (and her gifts!) with me."



Specific, romantic, light-hearted description. This man is clear on what he wants and is available to hold space for a relationship.

"Looking for my last first kiss."



Concise, romantic, to the point, and clear.

"Nature, books, freethinkers, backpacking, music, poetry, art, science, animals. Never married, no kids, well-rounded guy seeking a long term relationship with someone special."



Specific about what he's looking for, specific about who he is and what lights him up, to the point, romantic.

"****Awesome and sexy. Would date again" "****Such a nice young man!"



Clever, funny, to the point, thoughtful about how he comes off to women, light-hearted.

Bottom line - Have FUN with this and be creative, honest, vulnerable, clear, and forthcoming with exactly where you're at in your process and what you're looking for in a match.

Dating Profile Language - Do's and Don't's (& WHY), ctd.

Real-life textual examples of the concepts we went over in "What Works in Dating Profiles and Communications." Can you guess which phrases match which concepts?

Less Effective Phrases:

"Looking to make new friends and see what happens."



Not specific or committal, lacks vision for the relationship to come.

"Please no freaks, weirdos, or crazy people."



Messaging is on the negative side, and may have a potential match anticipating possible rejection, and therefore they could hesitate to reach out.

"Looking to find my person so I can get off this stupid app."



Negative-sounding, and not specific about self or desired match, sounding like a victim - as if they are not in control/empowered about their life and choices.

"My last relationship didn't work out/went to crap/etc - don't want to get hurt again."



Unhealed wounds are showing front and center, so a match may wonder if they are a rebound and hesitate to reach out. It's also on the negative side.

" "



Overall, a missed opportunity. Remember: quality matches **are** reading your text. Whether right away or when they are deciding to meet you for a date, the description does matter.

What to Look for in a Match's Profile – How to Discern High Value Profiles & Communication

Take everything you've learned about how to transform your profile and flip the script...

Be discerning! If something feels "off," it probably is!

Never doubt your intuition, but be SURE to find and understand the difference between what goes on in your EGO (fear-based thinking) and your intuition (soul/love-based thinking). If you need help figuring that out, talk to me - I can help!

Make a list of your top ten must-haves (and your deal breakers), and weed, weed, weed... Is he or she embodying those must-haves? And are **you** embodying those must-haves? If not, where could you stand to make some meaningful changes in your profile, life, and mindset to manifest the qualities you want in your partner (and yourself)?

When in doubt, ask for support. You do **not** have to do this alone (and frankly, you'll get better results with support so be SURE to connect with people who are in the know, on dating success).

Surround yourself with people who are positive about love!! Your friends and family who are ^{Shy, Insecure} happily married or happily in-relationship. Connect with your church or spiritual group. Find the folks who seem to understand how love works and surround yourself with them frequently.

We attract who we are, so be the best version of you (and ask for support when you need it!) to manifest the best results. Access to your trusted love coach is always one email away:
info@katietiti.com