

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 17!

As we are nearing the end of the course its time for you to start getting out into the field, but we still have a little bit of preparation to do.

In today's lesson you will learn how the subtle body gestures your date makes can tell you exactly how they are feeling about you without saying a word!



TODAYS LESSON - DAY 17 – MEET AND GREET

I love body language and seeing how people react

7% is verbal

93% is body language, facial expressions and voice tone.

It all goes back to Caveman's days. Touching her neck, yes it is the lady who makes the first move. They can smell the pheromones. The scent that makes you feel attractive.

In Pride and Prejudice, you see Jane drop her glove and the gent pick it up.

So when someone comes to me, I recommend they chat first before they go on the date. Yes, we like a voice and get an initial feeling there is something there.

Then when they go on the date, it really is to walk in with confidence. Shoulders back and hold yourself tall. Funny a lot of animals do this too. You often see men sit with their legs apart which makes them puff out to seem bigger and stronger, though they may not realise they are doing it.

Remember to lean in rather than out and show your interest. Eye contact is vital. Don't be afraid of the quiet patches. Ladies can touch their neck when they feel comfortable and have a connection. Now that is if the lady isn't shy. Shy ladies need to build up trust more.

It really is amazing to watch. Eye contact is vital and not looking away all the time but now and again is ok. Princess Dianne was known for looking down and then up with that shy come on look and it worked! If you can hold someone's gaze for more than 3 seconds, there is usually a confident connection there.

What is the nicest form of body language?

Yes, a smile. They say a smile can tell a 1000 words. That's why your body language and facial expressions say so much about the initial attraction.

Lean in, chat, giggle, smile...be authentic and real and love will come your way.

Don't be afraid if you are laughing at something he/she said and touch their arm for a second gently. Ok here's to start with a touch a smile and onwards!



Day 17 - Homework

Time to people watch are you ready?

Today go for a drink and watch romantic couples in action. You will see their feet pointing towards each other if they are opposite. If the guy likes you he will not be facing his feet away from you.... again, unless he is shy.



SEE YOU TOMORROW!

With Love, Sharon Kenny xx

“I didn’t invent MatchMaking....I PERFECTED it!”

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
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SOCIAL LINKS

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