



# Top 10 Speed Dating Tips

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## 10. Have a Mini-Bio

You've only got a few minutes to showcase who you are. Like an elevator speech, have a mini-bio prepared that includes the most positive aspects about you. Remember, it is more about who you are than what you do for a living. (ie: "My name is \_\_\_\_\_. I do marketing for a living. I love watching sports, going for walks, creative problem solving, and anything to do with enjoying animals. Oh, and I love sun-bathing and doing nothing on vacation.")

## 9. Got Questions?

How much can you learn about a person in only a few minutes? A lot, if you are prepared! Have some key questions prepared that will provide answers to your most important requirements in a partner. For example, if religion, a love of children, and a specific type of sense of humor are important to you, perhaps you want to ask the following questions?

1. How would you describe your religion or spirituality?
2. What do you think of children?
3. Who is your favorite comedian? Why?

The more open-ended the question, the more insight you will gain!

## 8. Have Answers...

You've been creative enough to come up with some great questions for your mini-date to answer. Make sure you know your own answers to those questions. Often times, a speed dater might say, "That's a great question! How would you answer that?" So, be prepared to answer your own questions too!

## 7. Confident or Desperate?

You've been there before. Whether it was in a job interview or a date, you've seen that person who comes across as desperate and, without words, is saying "Please, please, please choose me!" Nothing is more of a turn-off than desperation so, BE THE CHOOSER! Be confident! Even if you don't feel confident, there is something to the whole "fake it 'til you make it" concept. After all, if you are highly attracted to someone who is exuding confidence, wouldn't you want someone to perceive you that way too? Confidence is definitely much more attractive!

## 6. Have a Support System Ready to Go!

Know the people in your support system and tell them exactly what support looks like to you. When you want to speak to them after the event, you may simply need someone to listen to you (and not solve a perceived problem). Maybe you need someone who can be available to you immediately after the event so that you can debrief them on your experience and let them know what you might need further as a result. A support system who can meet your needs is very important in any dating scenario. So is clearly articulating your needs!



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## 5. *Be Truthful with Yourself and Others*

Know yourself and be honest with yourself about what you will/won't tolerate; what you do/don't like and be honest with the person across the table. Your honesty may avoid an unconscious choice to begin a relationship on a false pretense. For instance, let's say that the person across the table from you LOVES technology and asks you if you are interested in technology. Your truth is that you use technology but aren't all that interested in 'the latest and greatest,' but you decide to say, 'Yeah, technology is cool!' Now that person takes that to mean that you are as passionate as they are and you learn that they want to share the latest technology information with you all the time! Then they take you to a technology conference next week! While you are trying to remain open minded and perhaps going along with all of this so that you can learn more about what makes this person tick, or what they see in all of this, you have just subconsciously chosen to enter into this relationship on a false pretense that may ultimately result in a rejection scenario you could have avoided if you were simply honest with yourself and the person across the table from you.

## 4. *Deal Breakers!*

You've got deal breakers. Know what they are and what to look for so that you don't waste your time or theirs. For instance, if you are an animal lover and one of your speed dates can't get enough hunting, listen to that alarm going off inside your head and recognize it as one of your deal breakers. Honor yourself by letting them know when they've hit one. You can't please all of the people all of the time, but you have a right to make sure you've respected yourself and your needs!

## 3. *Don't Take it Personally!*

It's inevitable! You may reject some people during your speed dating event and you may also be rejected. Don't worry about it, and don't take it personally. Consider that this may be a good thing! It means that you weren't mismatched and you have likely avoided some dates that never should have happened! Whew! Contrastingly, celebrate when you do get a match! It means that there really might be something there!

## 2. *Have a Positive Attitude and an Open Mind!*

If you immediately look around, and decide, "There is no-one here for me", or "These are not my type of people", you have already closed your mind to being successful. Keep an open mind! Be playfully curious about what the night might bring. You may just meet someone who connects you to the love of your life!

## 1. *Expect the Unexpected!*

If you go in with a pre-determined outcome, you are unnecessarily stressing yourself out and will likely be disappointed. Remember, you are meeting many people and connecting with several of them who could become a part of your life in other ways than dating. Going into the event with the idea of "I'm going to meet the love of my life tonight," sets you up for a lot of pressure and potential disappointment. Going into the event with the idea of "I wonder what this night will bring me" will leave you pleasantly surprised and much less stressed!