

Online Dating

Online dating is a great way of increasing the odds of you meeting your someone special. The media love to sensationalise all of the things that can go wrong and yes, you should always proceed with caution however, with everything related to dating ... you should enjoy it! This could be the start of your love story!

Writing A Great Profile

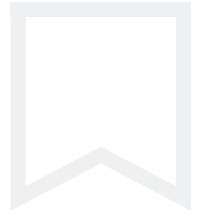
Profile Pictures

Mairead- "Don't spend hours alone online when you could be out there meeting people in person."

Love HQ



Mairead Loughman, Matchmaker and Dating Specialist



Online Dating

Profile Text

Empty text box for Profile Text

The Art of Great Conversation

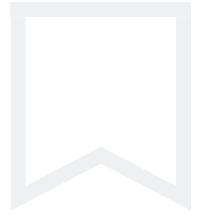
Empty text box for The Art of Great Conversation

Safety

Empty text box for Safety

Love HQ





Bringing the Energy

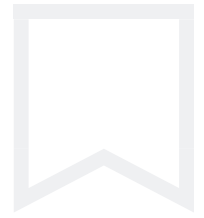
A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for writing notes on the topic of 'Bringing the Energy'.

Complimenting your Date

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for writing notes on the topic of 'Complimenting your Date'.

Who Pays?

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for writing notes on the topic of 'Who Pays?'.

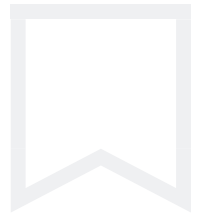


Mairéad's Online Dating Rules

1. Don't use online dating as a filter to create Mr. Perfect. Everyone comes with their own story and personality. Don't get too fussy!
2. Give value in your messages.
3. Use online dating as a directory. It should only be used as a tool to meet people in person and go on real dates.
4. Do not share information or pictures that you would not be happy to share with a complete stranger in the street.
5. Always conduct yourself as a lady of high value.
6. Guys will always test the limits, respond playfully and do not do anything you do not feel 100% comfortable doing.
7. Don't make online dating your only method of dating, this is not being proactive.
8. As you are increasing the number of people you are connecting with, you are also increasing the number of times you will be rejected. This is normal. You will be rejected. Manage it as a lady of high value. "I am disappointed, I enjoyed speaking with you and I wish you the very best in your dating adventures. (Remember, we never try to reignite something with someone that has rejected us).
9. Don't assume you are the only person that they are speaking with.
10. Most people are not good at writing profiles so don't eliminate people too quickly.
11. Remember the core characteristics that everyone is looking for in a partner, give examples of kindness, being happy etc.
12. Google your number before sharing it with someone you are chatting to online- make sure it is not linked to your address or business.
13. Suggest and try and make sure in all cases you speak with the person on the phone before your date.
14. Stay safe, always tell someone where you are going and never go home or bring this person to your home on a first date.
15. Do not drink too much.
Mairéad's 30 Day Rule- Stop fixating, if you haven't been on a date with them, arrange one or move on.

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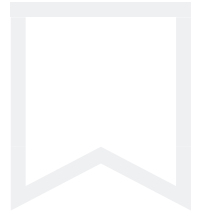
First Date

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Mairead Loughman, Matchmaker and Dating Specialist



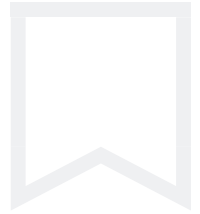
Accepting & Organising Dates

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First Impressions

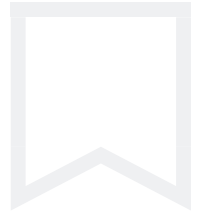
A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for notes related to the 'First Impressions' section.

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Being Stood Up/ Ghosted

Dickheads Rising From Dead (Usually with ridiculous excuses)



Notes

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for taking notes.

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