

Looking for love? – Go out and get it, this Valentine’s Day!

February 14th is traditionally associated with love, but for many it brings fear, as they lack the courage to make the first move.

But it needn’t, says Phil Parker, designer of The Lightning Process, and personal development expert.

Phil has helped thousands of people through his courses, and a range of celebrities and their families – including Esther Rantzen, and former England rugby player/ Strictly Come Dancing competitor Austin Healey.

Here he helps guide you on how to find the confidence to secure and enjoy that important first date, identify the “magnetic eye” and what it means if your date makes gestures with palms face up.

First impression – how to look great and feel the part

Wear something that is comfortable and you feel good in (this will stop you from fidgeting). Walk tall and with a confident posture and smile

Go on - approach someone!

This could be someone you’ve admired from a far or you know but never felt confident enough to approach.

Think of a time when you were very confident or alternatively someone who epitomises this for you. Imagine how it feels and when the emotion is really strong, picture this feeling as a colour showering over you and filling you up with fantastic confidence. When you are approaching the person, imagine immersing yourself in this colour and the self-belief will flow through you.

Believe in yourself

There are few things less attractive than a lack of confidence. If you are feeling a bit unsure of how great you are, recall a time in the past when you were successful at something and ask yourself "When did I last make a good impression on someone or when did I last do something I felt very proud of achieving?" Tell yourself "I - in fact- am really great"

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Be prepared for the first date

Choose a venue where you feel comfortable and relaxed. Rehearse the date over and over again as if you are the starring role in a movie, in detail. In the movie, plan what questions you want to ask and how you would answer them.

Enjoy the date, and remain optimistic

Immerse yourself in your colour of confidence. As you have already rehearsed the date you will be well prepared to enjoy yourself.

Use your body language effectively

Keep your posture open and facing towards the person with feet facing in their direction, this will demonstrate you are interested. Subtly mirror their movements, and sit in a similar position to them, people that are in tune with each other will do this naturally. Use eye contact but be cautious not to stare and avoid crossing your arms, as it will create a barrier between you.

Above all, be natural, confident and enjoy yourself.

Read the signs

Body language can help you to work out whether someone is interested in you and also will help you express interest in return. Positive signs include:

The magnetic eye: When someone across the room makes eye contact that is more than a fleeting glance

Palms up: Hand gestures with palms facing up demonstrates openness and welcoming

Matching or mirroring: Taking similar actions to your companion, like lifting a glass at the same time

Hair touching/preening: For example if a woman plays with or touches her hair, neck or face. This is a recognised sign of being attracted to a companion

Keep the person interested to want a second date

Ask interesting questions and be attentive without being too desperate or needy. Don't overwhelm them with your life story, keep an element of mystery so that your date wants to see you again, to find out more.

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Coping if the date didn't go as well as planned

Treat it as an experience and remember the good points like meeting someone new, going to a nice restaurant, looking good, etc. Recognise that this wasn't the person for you (after all you wouldn't want to be with someone who didn't want you, would you?) but until that person comes along, you can have fun looking!

Phil's latest book [The Ten Questions To Ask For Success](http://www.lightningprocess.com) (ISBN 9780955648212) is available from bookshops and the website www.lightningprocess.com

ENDS

Note to editors:

Clients with the following have shown real benefit: ME (Myalgic Encephalopathy); CFS; FM/Chronic pain; IBS and digestive issues; food and chemical intolerances; weight loss; eating disorders; addiction; anxiety and panic attacks; stress and struggle; low self esteem; self doubt; OCD and depression.

Further information on The Lightning Process can be found at: www.lightningprocess.com

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