



IMAGE CONSULTING FOR Women & Men



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Image Matters

In this issue, we are going to talk about First Dates!

First dates can be nerve wrecking; yet every gal looks forward to it. The moment you put down that phone, questions start popping.

What should I wear that will make the 'right' first impression?

What about my body languages, will they give off the right signals?

What should I talk about that will keep him interested and not bored to tears?

What should I order so that I don't make a fool of myself when eating?

Oh, there are just so many questions in my head....

Wait! Before you pop that painkiller or start rallying everyone around you. Read on and find out, we hope you will benefit from these articles and cruise through your first dates.

Go on, let your image work for you at all times!

Happy Reading!

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Principal Image Consultant

What's in this issue?

- ✓ **What to Wear on A First Date**
- ✓ **What Not to Order on a First Date**
- ✓ **Things to Talk about on a First Date**



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What to Wear on A First Date

We all wish we have a Carrie Bradshaw in us when it comes to important occasions like First Dates...

Personally, I do subscribe to the '**Confidence is the ultimate accessory**' saying, but having said that, who wouldn't want to look like a million dollars... afterall, first impression counts.

It can be tricky deciding on what to wear on a first date since you probably don't know your date's preference well enough to know what will impress him, below are some tips to help you when choosing what to wear on a first date:

1. Wear something you are comfortable in
Confidence is owning who you are inside and out.
Even if you have the most gorgeous and expensive attire for the night, if it doesn't fit or it isn't 'you' then it won't work.

Find pieces that fit well, are comfortable, and speak who you are and you'll be a knockout. You certainly don't want to feel uncomfortable and uptight as it might make your date feel that is it them making you feel like that.

2. Dress for the occasion
I love dressing up and will love every opportunity to get all glammed up. But if you're meeting a guy for the first time, you don't want to make him (and you) uncomfortable by being over (or under) dressed. So, don't wear a sequined dress for a date to East Coast Park for burgers and fries. Likewise, you don't want to wear jeans and t-shirts to a fancy restaurant.





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3. Don't wear anything too revealing or sexy

Guys are simple creatures and they have a difficult enough time focusing without your bare skin distracting them.

You want your date to focus on you, not your bare skin, so keep your outfit modest.

DO



4. Don't go overboard with the makeup

Too much makeup scares the guy off. If your face looks too perfect, they're going to be afraid to touch it, never mind kiss you on the cheek at the end of the evening.

5. Don't look too trendy

Your friends might be jealous of your latest outfit but your date might not follow fashion and may wonder what you are wearing.

6. Wear heels

Heels will make you look slimmer and your legs longer. But don't wear 5" heels or anything that you can't walk comfortably in. You don't want to fall or stumble because of those heels.

There you have it. I hope these tips help you make a good first impression and looking fabulous on your first date!

Contact us at **81638169** or email to guin@imagemasteryint.com if you like to know how to dress to impress your dates.



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What Not to Order on A First Date

Your date looks at you, smiles and you think it is love. Actually, there is spinach on your teeth.



I'm sure some of you may find this scene familiar.... This brings us to the pertinent question, what should you order on a first date so that the date would not become a potential dating disaster!

Here are my personal Top 7 favourites of What Not to Order on A First Date:

1. Spaghetti or other pastas that require slurping:

Unless you're in Japan and on a date in a ramen restaurant, avoid the slurpy noodles. No one looks good with a long noodle awkwardly hanging out of his/her mouth while tomato sauce coats the lips.

2. Dish with onion and garlic: Any dish prepared with onion and garlic is not date friendly as it is important to smell good when you get close to your date. So, no famous Hainese Chicken rice for you as bad breath can put off anybody.

3. Anything you can't pronounce: Food words are mispronounced all the time. And by smart people, too. Better save yourself the potential shame (imagine him telling his friends the next day, "Oh my God, she pronounced entrée as "an-tree").

4. Lobster: It's expensive, and there is just no graceful way to eat a lobster, what's more, you have to wear a bib. Not chic! In addition, you run the risk of the juices squirting everywhere and you'll end up smelling like seafood at the end of the meal. The shell can be hard to crack open too, which makes you look lame if you can't do it.

5. Corn on the cob: The kernels will get caught in your teeth. Not a great way to make a good impression.



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6. German pork knuckle: The portions are usually big and it takes skill to cut the meat into bite-size. You'll be too busy trying to focus on cutting the meat instead of on the conversation.

7. Oysters: Seafood lover, the problem with a plate of a half-dozen oysters is that they're gone almost immediately. You can't cut an oyster in half so basically your whole plate is six quick bites. Imagine the awkwardness when your date is only a quarter of the way into his/her salad and you're done with the entrée. Plus oysters are awkwardly suggestive and might send the wrong message.

Women, please order more than a salad for dinner. You don't want to send the impression that you are a high maintenance girl, shallow, have low self esteem, or an eating disorder. Eating healthy does not just mean eating just a salad.

Order something that's simple to bite into, doesn't leave a bad after breath and is light on the tummy are safe options. Leave the adventure spirit till the subsequent dates!

If your date is paying, then don't order the most expensive item on the menu! That just makes you look bad. Be considerate and order a moderately priced meal.

Contact us at **81638169** or email to **guin@imagemasteryint.com** if you like professional advice to help you impress on first dates.



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Things to Talk About on a First Date

First dates can be awkward as most people find it difficult to figure out what to talk about. When you combine that with first-date jitters, what happens is people ended up talking about things that might not be of interest to the other or falling into long awkward moments of silence. Keeping the conversation light and fun is a good start.

Below are a list of things/topics that you can talk about that is safe, appropriate and interesting.

- 1. Talk about you, your jobs.** Don't be too shy with details or too long-winded with the background.
- 2. Favourite pastimes.** Hobbies, pets, passions etc. Talk about the things you like, and/or the things you like to do. This is the part of the conversation where you'll hopefully find some things in common with the other person.
- 3. The thing that caused you to meet.** It's always fun to relate the path you both took in meeting one another. It's also a good way to give a bit of a window into your lives, and to see how the other operates out there in the world.
- 4. Your immediate surroundings.** Though it may seem clichéd, talking about your immediate surroundings can be quite fun, especially if you make a game of it.

You can make up a fake bio about people in the

restaurant - the waiter, the couple opposite you etc. There are lots of things to talk about in the world surrounding you, all you need to do is to look and let your imagination do the rest.

5. Likes and dislikes - List them off. This can actually be fun. Just list off every single thing you can think of you like, or love, then let them do the same. Then do it for all the things you don't like, or despise. Or take turns. Make it interplay. Make it fun. Or maybe even funny

6. Ask questions about the other person. Be interested. Conversations are supposed to be two-way streets, demonstrate to this person that you are a good conversationalist as well as a good listener.

Warnings & Tips:

- Don't talk about your exes all night, you are sending the message that you are still hung up over them.
- Don't whine about your job/bosses.
- Don't be too sticky about every detail as you will come across as a difficult person.

Contact us at **81638169** or email to guin@imagemasteryint.com if you like to improve your conversational skills, be it for that important first date or other social and business occasions.