

FLIRTING IN THE 21ST CENTURY



Now we are in the Noughties or "Naughties" more single people are worried about finding love. Why? They've spent the nineties racing to achieve career success. Now they are asking themselves 'is this worth anything without someone to share it with?' The answer is often 'no'.

You won't find love unless you're out there interacting with people. And when you do, you need to be able to interact with that person in a way that allows you to discover if they are right for you and for you to radiate the best of yourself so that they are attracted to you.

Apart from love, most of us want to enjoy successful, fulfilling careers and have good friends around us. The type of flirting I

promote is one that can either be very sexual or simply very social or a mixture of both. And great flirting, when practised appropriately and with the right attitude, is a gateway to more romance, deeper friendship, enhanced professional relationships and a definite feel-good sensation in you and the people you flirt with.

PLACES TO FLIRT YOUR HEART OUT

WORKPLACE

3 PLANS FOR THE BUSINESS OF FLIRTING

Benefits

Most people know that when you want to win people over, a little flirting goes a long way. The person who consistently makes other people feel good by smiling at them, paying attention to them, showing they are interested and telling them when they do something well is the person who is most likely to succeed. If it's a choice between you and someone with the same abilities, you'll win every time because you bring that added feel-good factor to your work and clients

Warning!

To get the most from workplace flirting follow these recommendations: don't be an overt sexual flirt, you might give the impression you'll exchange sex for business favours such as promotion or to get someone to do something for you. Your colleagues will resent you and you might end up getting more than you bargained for. Turn down your sexual pilot light to the lowest setting when flirting in professional situations, until you know how far you can go with the person.

Tips

1. Always start with very mild flirtation. Some people will appear as outrageous flirts and others won't approve. Turn up the heat accordingly.
2. Keep a friendly fact file on work colleagues and clients. Record birthdays, interests, family information, dreams, passions and snippets of info that tell you about them. You are taking an interest in people. Use that information to start a conversation, cheer them up, or pass on a contact or article that will be useful to them, they will feel special and valued and remember you as the instigator of those feelings
3. Here's a simple way to flirt with everyone you meet at your work. Decide that you are going to talk to as many different people as possible in the day. Each time you pass someone in the corridor, make eye contact, smile and just say Hi, or greet them in some general way. Be the person who makes people smile with a compliment or a timely joke or a suggestion or offer of help. This will pay off in many different ways.



SUPERMARKETS

3 SURE-FIRE WAYS TO PULL THE APPLE OF YOUR EYE

Benefits

Eve was wandering around the aisles of Eden Garden supermarket when she spied a luscious, round, juicy, Pink Lady® apple. She plucked it from the shelf, took a bite and so wonderful was it that she immediately offered it to Adam. Unable to resist her wiles, Adam tasted the forbidden fruit and well you know the rest. Do you want to tempt your Adam or your Eve? Supermarkets are the ideal location.

Everyone has to shop, so at one time or another most of the singles who live locally to you will be found wandering the aisles of their local grocery store. If you don't find what you want in one, visit another. Pick a supermarket that has a good coffee bar, where you could invite someone for a quick post-shop coffee.

Tips

1. Checkout their shopping. No baby products, small portions of anything and ready meals in single servings in a hand basket are sure signs of a singleton shopper.
2. Use produce as props. Pick up a Pink Lady® apple and say to someone – 'Did you know these apples are meant to be flirty?' while you make eye contact and smile.
3. Be curious and friendly. Ask about an item in their trolley – is that any good? Start a small talk conversation.

CAFÉS AND BARS

3 RECIPES FOR FRIVOLOUS FLIRTING

Benefits

Cafés and bars are people containers and linked to social activities. Generally people go there to relax, meet friends and eat. People visit coffee shops to pass the time of day. They're casual and a fairly good place to make a move! Most single people feel OK about sitting alone with a coffee. Bars tend to be more problematic if they are too crowded or play loud music. Avoid these venues as flirtation spots especially on Fridays and Saturdays.

Tips

1. Set the scene. As you walk into a café/bar hold up your head, sashay your hips; men, pull back your shoulders a little and smile. Make eye contact with as many people as possible as you move to your seat. Now they are all aware of you and you won't seem such a stranger if you choose to make a move.



2. Pick your position. Make sure you sit at a table with the widest view of the restaurant. If in a coffee bar, sit somewhere everyone has to pass to get their coffee or even go to the loo. If you're by the loo talk to them on the way out, not on the way in! If you're a bit of a comedian you can really have fun with this one and get away with it.

3. The 3-step flirt. If you see someone you like across a crowded room, check out the body language to see if they're with someone. You don't want red wine all over that white shirt or slinky dress, do you! Make eye contact while smiling and incline or raise your glass towards them. Look away. Repeat two or three times. Note their reaction. If they smile back, raise their glass back, the flirtation has begun.

Eat your food sensually, use your tongue occasionally to lick your lips. Make eye contact as you open your mouth to spoon in something delicious. Think about sharing it with them. They'll get a strong sexy signal from you.

Find an excuse to go somewhere where they can initiate a conversation with you comfortably and look at them and tilt your head in the direction you are moving in and smile. If they're interested they may feel inspired to follow you and make a move. If not, have the waiter pass them a note with your mobile or pager number or you could do it yourself. Wait briefly, until look at it, then just smile at them and leave.

TRAVELLING

3 ROUTES FOR A FLIRTY JOURNEY

Benefits

Many single people travel alone. It's the greatest way to meet new people and explore without being tied down. A traveller is expected to approach people so that makes it easier. When you are in a foreign country or away from home it's easier to let out the real you. You don't worry about people judging you because they don't know you and you might not meet again.

Talking to other travellers is a great way of passing time on a long journey and who knows you might make a good friend or find out some useful information or even more.

Tips

1. Travelling involves reading maps, finding your way. It's a great opportunity to ask someone you fancy to help you.

2. Carry a Pink Lady® (or two) with you at all times. If you're with a foreigner, tell them about these wonderful apples that are supposed to be flirty. And when you're done with it as a flirting prop, Pink Lady® is a perfect energising travel snack and you can offer the second one to your flirtee!

3. Tell your flirtee you're thinking about writing a traveller's guide to flirting and ask them if they've had any flirting successes while travelling. It's a great conversation opener and

you'll probably end up with enough stories to write the guide or at least to amuse your friends and who knows, getting them into a flirty mood might open the door to more!

SOCIAL EVENTS

FLIRTING FOR THE FUN OF IT

Benefits

Being able to flirt with many people at a social event is great for building positive connections that other people want to continue. Even when you don't have much time with one person, you can flirt with them in such a way that they'll remember you. You can flirt with a lot of people briefly and still manage to set the scene for further contact or an invitation.

Tips

1. If you want to break into a group, hover on the edge and listen carefully to what they say. If it seems alien to you move on to another group. Think of them as friendly people who are just as keen as you to make new contacts. Look at the person talking if you can and make brief eye contact with the rest of the group. Smile as you do this. If a point in the discussion arrives where you have something to add that might be useful, then wait till one person's finished, and start in. You could begin by saying 'that's really interesting... and agree/disagree or make your comment. The eye contact and smiles will make the group open to listening to you and letting you in.

2. Move around the event/party checking out and scanning all the rooms making lots of eye contact and extending it if you see someone you like. Try to get a sense of who is coupled and who is alone while you do this. You don't want to make eyes at someone and find their

husband/wife breathing down your neck, do you? When you find the position where most people pass by, station yourself there. Say hello to people as they come by. After all it's a social gathering, it's expected! You're giving them a signal that you are open to meeting. Have your personal and business cards to hand and easily reachable. Always be prepared to hand them out and tell someone that you'd like to see them again and make it clear why.

3. If someone is boring you, it's easy to get away, by making a gesture like a cough and briefly looking away towards a group of people and back again saying, 'Would you excuse me? I have to speak to someone – nice meeting you'. It's vague and acceptable enough to get you out gracefully.

So, it's as simple as that! Why don't you adopt and adapt some of the rules above to fit into your own flirting agenda?

