

# ONLINE DATING ADVICE

## How I met my Wife



Written By Paul Hamad

# TABLE OF CONTENTS

Page 3

ABOUT THE AUTHOR

Page 4

WHO IS PAUL HAMAD?

Page 5

INTRODUCTION

Page 7- 8

STEP ONE

Page 9

STEP TWO

Page 10

STEP THREE

Page 11 - 12

STEP FOUR

Page 13

THE FUTURE NOW

Page 14 - 15

FINAL MESSAGE

Page 16 - 17

COACHES CHANGE LIVES

# About the Author & His Wife

Paul Hamad is a life coach in Sydney Australia, who met his Wife online using RSVP. After being on a number of different sites and mobile apps, he finally met his match.

My first ever online date, I could have given up, it didn't go to plan, and I wasn't attracted in any way to the girl he just met. But I dusted myself off and I never gave up, I have lost count on how many people I met up with, over the years from my early twenties to my mid 30's and mind you so many times I had a reason to give up, but I knew the right person was out there for me.

Apart from the 4 Steps I am going to give you in this eBook.

I met my wife on February 11 2016, we spoke via email for a few days, it turned into a phone call that ended up going a few hours, then text messages and more phone time for the next three nights, when we finally got to the point of, lets just meet and have a chat. The Thursday night was the first time we met, it was at City Extra, and we both don't normally go there but it was simple and comfortable and we didn't have to have a full meal. The next night I took her out on an actual first date, so booked in Dinner at Luna Park, which was followed by a short drive to Manly Beach and funny enough back to City Extra again until about 3 am in the morning. Conversation flowed, and we were happily getting to know each other. I was thinking that she is the one but I did feel that there was something special about this girl.

Timing can be a good thing or a bad thing, I didn't see her on Saturday, but I really wanted to see her on Sunday, which worked out to be Valentines day, OH SHIT! The number one day or romance, not that I think it's needed, but I haven't had a valentine's day in a long time. With my wife being recently hurt, who didn't want anything to do with valentines' day at that point in time, and I didn't want to make it all romantic and stuff. I kept it simple and yes corny very corny. I made up a mixed CD of all the songs against love. My number 1 song for this "You give love a bad name" by Bon Jovi. The day was casual, nothing serious, just still getting to know her. As time went by, we kept on talking, and seeing each other. Things were not and are not always perfect, but we always worked through them.



# Who is Paul Hamad?



## Who is Paul Hamad?

Paul has experienced first-hand the journey of finding out who he is, what his life purpose is, and what he wants from life – evolving from feeling lost and aimless to taking back control and forging a rewarding life on his own terms.

Paul has had a varied career path to come to this point, and now has formal diploma qualifications in Fitness, Sports Management, and Life Coaching. He is a professional with a boundless passion for helping others to be their very best selves to get the most out of life.



“When we love, we  
always strive to  
become better than  
we are. When we  
strive to become  
better than we are,  
everything around us  
becomes better too.”

*Paula Coelho*

# LIKE IT OR NOT

Like it or not, online dating is here to stay, and can be a fantastic way to meet people, done correctly! Australian singles use online dating and social networking site to meet new people.

I'm not going to give you any statistics, because I am one of them. Online Dating is how I met my wife. After years of Online Dating on many different sites, I finally found my match on RSVP. Since we met its been three years happily in love and married. Amazing, right? If you're saying to yourself – phew! I have a shot! – You're right. You do. However, that being said, it's not as simple as “winking” at someone you're attracted to, or sending a friendly email / invite for drinks.

Online dating, actually dating in general, is a process – a process to be taken seriously. You should take this search for a mate as seriously as you would take a job search and approach it with the same level of strategy and planning. Your dream guy or gal is probably not going to deliver your pizza or spontaneously appear next to you in the grocery line. There are four crucial steps you need to perfect to make it to the actual “in person” date.

First, you need a very effective profile and pictures of yourself.

Second, you need to learn to write an effective email that lets someone know that you're interested in them and why they should be interested in you.

Third, you need to have a good phone call that reaffirms everything they were hoping for – the first live contact.

Finally, you need to have a stellar first date that lands you a second date.

And believe it or not, if you do these things right, you'll find that not only are you choosing better people to contact, you're writing better emails, you're enjoying get-to-know you phone calls and you're having better dates...AND you're being your true and wonderful self throughout.

So, this eBook is not based on statistics, it's based on myself and my experience, the numerous numbers of dating, apps, and websites I tried. I tried them all, eHarmony, Oasis, Rsvp, Plenty of Fish, and Tinder to name a few.

# STEP ONE

## COMPOSE AN EXCELLENT PROFILE & PHOTOS

So, what's it going to take? What will get you through the door, the first hoop – or through the online dating “screen”? It's simple: your profile. Your online profile is your personal advertisement in cyberspace. You need to make it stand apart from all the other online profiles – so that the real, wonderful you shine through and stands out. You are going to be compared to everyone else – so you need to make sure that your profile is enticing and doesn't make the guy or girl reading it want to go in search of something else more enticing. You know who you are – your best qualities, your fun life stories! Now you just need to convey those qualities in your profile so that people will not only email you, but will also be predisposed to see you in that light when they meet you. In trying to create this personal ad for yourself, here are some simple tips to keep in mind when putting your profile together that will make it memorable and true to you:

**PICK FIVE KEY ATTRIBUTES** about yourself that you want to highlight– the things about yourself that are most important. Just pick them and keep them in mind when reading the next tips.

**TELL YOUR UNIQUE STORY**, don't be scared to share some of yourself to people. Don't just say “I'm kind, smart and loving.” (As a rule – lists like this are a no-no!) On my dating profile I had things like, I have the whole set of Lil Miss and Mr Men Books, I cry in movies and I can be very corny at time. Don't be scared to poke a little fun at yourself, the girl reading your profile will have something she can question and pick fun at you which will get the conversation started. Just keep it simple.

**SHOW, DON'T TELL.** Don't just tell people you like a night out on the town. Show them what you do when you go out – like, “You'll find me singing “Heartbreaker” at live karaoke night” or “I'm trying to find the perfect Vegan meal in Surry Hills.

**SHOW YOUR WARM SIDE.** It isn't all about showing off your best attributes. People are also looking for a little tinge of the warm fuzzies too. Make sure you show your softer side, whether you do it by talking about how you're looking forward to having someone to snuggle with watching “Sound of music” with your niece Showing your warm side adds something special to the profile.

**HAVE FUN !** Keep negativity OUT. Honesty is good – but if it means you're going to spell out the failings of your past relationships, or how you're tired of feeling lonely – then honesty is not always for the best. If you're down, depressed, or bitter because you just got out of a relationship – keep it to yourself. Do not say, “If you're looking for a booty call, I'm not your girl.” Or, “If you're a gold digger, please keep looking.” Not many people will respond to negativity.

**BE HONEST.** By the same token, one of the biggest complaints in online dating is that so many people LIE in their profiles. Have the confidence and self-awareness to be who you are and not describe someone you think you should be. Don't lie about your height, age, or anything. It will likely backfire at some point.

**NO BRAGGING.** There is often a fine line between confidence and cockiness. Be mindful of how you sound.

**SPELL-CHECK AND GRAMMAR CHECK.** People will judge your intelligence by the way you write – yes, it's true. Many sites don't have spell-check features. Copy the text into Microsoft Word, and run Spell/Grammar check, or have a trusted (and smart) friend proof-read it!

**PICK A MEMORABLE USER NAME.** Instead of "Sydneyguy23", try something like "TallDivingMan" instead, if you are tall and like to skydive! It works! My Profile name always had to do with Mr Happy.

**POST GREAT PHOTOS.** Studies show that people are 14 times more likely to look at a profile with photos. That being said – there are some basic rules to consider when posting photos:

- a. Put up CURRENT photos. Photos should be no more than one year old.
- b. Put up GREAT photos, ask a friend who is good at photography to do it! My secret tip is to use 4- 6 shots maximum. Make them all different, they don't need to be professional shots just good fun shots.
- c. If you mention a sport/hobby in your profile, put up a picture of you doing it!
- d. Don't post selfies taken in the mirror. Very Tacky
- e. Don't include other people or kids in your shots You and only you (ok and maybe a dog or a pet but not too many)

So, if you're going to work on your profile – keep these above tips in mind and you're well on your way to making a great first impression and getting that first email.



# STEP TWO

## WRITE AN ENGAGING EMAIL

Consider this first email to someone you're interested in to be like a cover letter you're writing to a prospective employer. You want that person to know not just that you are interested in them, but that your qualities make you someone they would like to meet. If you're going to be brief (and I recommend brevity over novel-length emails any day!) – make sure the email has punch, and most importantly, will make them smile. Wit is the key.

**THIS IS LIKE STARTING A CONVERSATION WITH SOMEONE.** Find something unique/obscure in their profile (besides their attractive photo!) that interests you to comment on. This lets them know that you both read their profile and that you have something in common with them. If they mention they love chocolate, tell them you make a mean chocolate raspberry torte. If they say they love U2, tell them you were close enough at the 360 tour to get hit with a drop of Bono's sweat. Feel free to also tell them they have beautiful eyes or a great smile if that's what you first noticed...no need to be coy.

**MAKE THEM SMILE.** This should be a goal of any introductory email. Use something in their profile to make a joke about – not to make fun of them – but to make them smile. It's OK to be playful.

**DON'T JUST REITERATE YOUR OWN PROFILE.** Assume they've read it. Instead, use this email as an opportunity to highlight things you might have in common even if they weren't in your own profile.

**BE CONFIDENT AND DON'T THROW YOURSELF AT THEM.**

**END THE EMAIL WITH AN OPEN-ENDED QUESTION.** If you don't know how to end it, or are contemplating asking them to call you (DON'T!)– just end with a question about something in their profile. “Have you ever been snorkelling in the Great Barrier Reef?” Save the phone number exchange for a later email – the first email is too soon!

# STEP THREE

## HAVE A GREAT PHONE CONVERSATION

Ever noticed how after a first phone conversation with a person you have an immediate impression of who they are? Thankfully I ignored my first impression of my husband on the phone – but I remember thinking, “good Lord, does he think we’re conducting a business transaction?” Too often though, people don’t give a second chance after a phone conversation that doesn’t go well. So, in this personal search for love, it might be a good idea to brush up on your phone conversation skills.

**MAKE SURE YOU CALL FROM A PHONE WITH GOOD RECEPTION.** Lots of people don’t have landlines these days – but if you’re using a cell phone, make sure to stay in one spot where you have bars! Don’t jump on an elevator, or take it underground, or drive through parts of town where your calls always drop.

**STAY POSITIVE.** Even if you’ve had a bad day. Your boss was nagging you, your car broke down, your taxi driver chose the slow route to your gym, or if your goldfish died, keep those downers to yourself. Keep an upbeat tone. These are all things that you can tell them about when you’ve made it past these early stages and they have already decided they love you for who you are.

**MAKE THEM FEEL GOOD!** No need to gush. But tell them their call brightened your day, or you loved their reference to Seinfeld in their last email to you.

**GIVE THOUGHTFUL RESPONSES.** Which highlight your positive qualities. If they ask you how your day was – take the opportunity to tell them something you want them to know about you. “My day was great, actually. I finished my entire to-do list for a change, and was able to make it to the gym after work with my neighbour and take my favorite spin class.” This tells them you work hard, have friends, and that you’re into fitness. Three attractive qualities.

**BE FUN.** Try to keep the banter light and neutral. Pick non-offensive, but fun and interesting topics to talk about.

**KNOW WHEN TO END THE CALL.** If you sense the conversation dwindling, don’t just let it end with both of you sounding bored. End on an up note – “The timer on my baked chicken just went off – I’m so sorry, but I need to run now. I really enjoyed speaking with you. I’d love to talk again!”

**FINALLY – GIVE THEM YOUR FULL ATTENTION.** Don’t check emails, go to the bathroom (seriously!), empty the dishwasher, or anything else that might distract you from what they are saying. It makes a huge difference

# STEP FOUR

## TIPS FOR MEN ON FIRST DATES

**LOOK AND SMELL GREAT!** Grooming and appearance are so important to women – as you well know! Being freshly showered with just a dash of cologne (careful not to overdo!) and great breath is wonderful. Wear neutral, high quality pieces. A sport coat is a great addition over jeans or slacks (we love that!!)

**BE A GOOD CONVERSATIONALIST.** Don't forget to really listen to your date, and ask good, relevant questions about her. There is probably nothing a woman likes more than being really listened to. It makes her feel important and a high priority.

**PLAN THE DATE** Women want a guy who is confident enough to make a decision. Put some real thought into it and present your date with a suggested plan. A place with great ambiance, reasonably priced, and good food!

**BE A GENTLEMAN.** We love chivalry. Love, love, love. Open restaurant doors, pull out her chair, help her with her coat.

**BE COURTEOUS.** Be on time to pick her up / meet her.

**BE FULLY ATTENTIVE.** Pay attention to her only – even if there are groups of cuties from a bachelorette party sitting next to you. Ladies have a sharp radar for this.

**BE FUN.** Playful conversational banter is good. Caution: Be careful of coming off as too opinionated, provocative, competitive, or judgmental.

**BE COOL.** Even if it was the best date you've ever had, and you want to run off to Vegas and marry her that night, don't ask her to come back to your place. If you really feel like she liked you as well, call her the next day for the 2nd date!

**DO NOT BRING UP TABOO TOPICS.** Everyone says it for a reason - never discuss politics, religion, exes, sex, poor family relationships or other personal baggage on a first date.

**DRINK MODERATELY.** Pace yourself – girls watch for this!

**11. THE GRAND FINALE.** Pay for the date unless you are really scraping at the moment.

# TIPS FOR WOMEN ON FIRST DATES

**BE FEMININE.** Dress beautifully - in a dress or skirt if you're comfortable in this. Something figure flattering, but not too low, too high, or too tight. Elegant.

**SMILE A LOT.** Happy, confident people attract the most people.

**BE WARM,** and genuinely interested in your date. There is nothing more flattering to a person than sincere interest in them.

**GIVE YOUR DATE APPROPRIATE AFFECTION.** Gentle touches on the shoulder, elbow, or arm. Remember Appropriate. These small, innocent gestures tell him that you like him. Certainly, greeting him with a hug is a great way to show right off the bat that you're a warm and inviting person.

**THINK OF FUNNY/INTERESTING STORIES** Stories about yourself that cast you in a good light! A date is the chance to "market the good points about you!"

**BE APPRECIATIVE** "It was so nice of you to pick me up! I love this restaurant. Great job with picking it!" One of the things a lot of guys complain about is a woman who barely says "thank you" or shows any appreciation. Be genuine and lavish in your appreciation.

**DO THE "PURSE GRAB" AND GENUINELY OFFER TO SPLIT THE BILL!** Even though a guy asks you out – still reach for your purse with an offer to help pay. Most guys will insist on paying — but it's always a good habit to offer. Shows that you're a nice girl.

**DON'T BE BOSSY, ARGUMENTATIVE, PRICKLY OR COMBATIVE.** The majority of men are looking for someone soft, nurturing, warm, and playful. Playful, flirty banter is good, but there is a fine line between being argumentative, combative and even "the one upper."

**DON'T ORDER ANYTHING TOO "HIGH MAINTENANCE"** (e.g. – ordering a Cobb salad and eliminating everything but the lettuce!) - or send food back unless it's egregiously bad. Don't be pushy to the waitress, either.

**DON'T DISCUSS TABOO TOPICS** Don't discuss religion, politics, exes, family drama, personal baggage.

**DON'T DRINK TOO MUCH** - you want to remember the night!

**DON'T ASK HIM THINGS LIKE** "What kind of car do you have?" or "Where do you live and how many bedrooms do you have in your place?"

**DON'T MAKE HIM THINK YOU ARE "INTERVIEWING" HIM** (i.e. firing "checklist" questions about him). If this is going to work, you want to get to know him as him first....

Keep these tips in mind. But most of all, have fun. You might be on a date with your future spouse.

# THE FUTURE NOW

Fast forward to March 31 2017, I organised a little dance crew, a trip to Melbourne, a cousin and a friend to help organise, and my own little dance move, that I was secretly practicing while she thought I was at the gym.

I got down on one Knee and asked her to Marry me.

On October 29, 2017, We got married, travelled for 2 months for our Honeymoon in the USA, and South America. Since then we have come home did some building work on our house, established our lives, changed our jobs, been on a few more tips together and now ready for the future ahead.

And now, We are happily married, it's almost been 5 years since we met, we have established ourselves and on August 21, 2019 my wife gave birth to our beautiful Daughter Bronte.



**“The world ain’t all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is going to hit as hard as life. But it ain’t how hard you hit; it’s about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That’s how winning is done. Now, if you know what you’re worth, then go out and get what you’re worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain’t where you are because of him, or her, or anybody. Cowards do that and that ain’t you. You’re better than that!”**

*Rocky Balboa*

# FINAL MESSAGE

I hope this helps.

I know they work, because I've used them.

If you have questions or need help, please reach out to me. As a Life Coach, helping people like you achieve better, more fulfilling lives is what I do every single day. I can give you the guidance, support, and techniques for success.

I believe in you. You *can* live a better life. Not someday. *Now*.

Just remember, no matter what...*keep moving forward*.

**That's how winning is done.**

**Paul Hamad Life Coach**



# Coaches Change Lives

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Anybody who's ever been coached on a sports team know this: the coach makes all the difference. A good coach can change a game. A *great* coach can change a life.

Are you ready to change your life? **You can do it!** I *know* it. **I believe each one of us has the power to change our lives any time we decide to do so.**

But it's not easy. You must be singularly committed, for the long haul.

**The great news is this: You don't have to carry that burden on your own.**

The distance between your dreams and reality is ACTION. And as a life coach, I can help you **take action now** to make positive change that improves your life, starting today. I coach people like you every day through issues related to:

- Self Esteem and Confidence
- Living your Purpose
- Relationships
- Motivation
- Work-Life Balance
- Prioritisation
- Setting Career Goals
- Educational Goals
- Health, Fitness, and Wellbeing
- Procrastination and Productivity
- Work Performance
- Mentoring

**Your better life is waiting. Are you ready to claim it?**

[SIGN UP FOR A FREE 30 MINUTE SESSION](#)

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