

Dating: The Fine Art of Flirting, Part 2

Some people claim that the art of flirting is innate, you've either got it or you haven't. Based on observations of single people attending speed dating events it is clear that people returning a third or fourth time become increasingly popular with the opposite sex. They've learned to be better flirts by becoming more confident. Confidence is the most attractive of all traits and the subject of part 2 of the Fine Art of Flirting.

Part 2. That ring of confidence

Confidence is probably the most attractive of all traits. It is the essence of charisma. Give yourself a pep talk before you go out and tell yourself you are fabulous. If you believe it, it will be true. When you walk into a room, pull yourself up to your full height and walk tall. A slumped posture is far from sensuous. A sensuous walk is a precious asset. It is an art in itself. Marilyn Monroe said that people often ignored her in the street until she put on 'the walk'.

Aha! So it wasn't the bottle-blond hair or the hourglass bod but the walk. Hey, that's easy!

Make sure you don't move in packs. Men will not approach women in a gaggle: it's too intimidating. If you go out with friends, separate yourself as soon as you can and start circulating. You are there to meet new people, not just to talk to people you already know.

When you go to a soiree, whether it's a friends party, [speed dating or singles event](#), go simply to have a good time not just to add more beaux to your string. Be curious about everybody, other women included. After all, they may have sexy brothers, male friends, foxy colleagues, maybe even a perfectly nice ex. You could be his Cinderella. So embrace the sisterhood when you get the chance. Make it your mission to meet at least one person who will make you glad you didn't stay home with a bottle of wine.

Take the focus off what other people think of you and onto having a good time. Make yourself the only person you have to please: it will help you exude confidence and make you genuinely interesting. If you need a little help in the confidence department, fake it till you make it. Find a role model you can emulate. Imagine how that person would act, feel and move. Think of what qualities make her attractive and how she expresses these physically when she moves and talks. Watch videos of fabulous filmstar flirts and examine their style. See how they revel in being a woman. You will eventually develop your own inimitable style.

About the Author

Dating tips by Justin Parfitt, CEO and Founder of FastLife Speed Dating, the world's largest speed dating and singles events service. Hosting speed dating & singles events in 43 cities, including [London area Speed Dating](#) and [Speed Dating Houston](#)

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