

Got a story or an opinion
you want to share?

Call 01 479 2579
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Edited by
**FIONA
WYNNÉ**



Sun **woman**

MY TEAM: Dulcie Pearce,
Nikki Watkins and Lauren Naylor
thesun.ie/sunwoman

‘Stay
sober
when
chatting
up the
ladies’

**STEPHEN NOLAN RUNS KAMA
LIFESTYLES DATING COACHING
SERVICE FOR MEN...**

BASICALLY, we teach men
the theory of attraction —
how to approach a woman
and create a really good first
impression.

Unlike a lot of dating agen-
cies, however, we actually
bring men out into pubs and
clubs where they can put
everything we teach them
into practice.

Hopefully, they can then
transfer these skills to other
social situations like a coffee
shop or just the street.

One of the biggest mis-
takes Irish men make is
showing too much interest —
either by invading someone’s
personal space or interrogat-
ing them.

Or if there’s two girls sit-
ting at a bar and they fancy
one, they’ll completely ignore
her friend — so immediately
she doesn’t like him.

If you’re attempting to
break the ice, try making
statements rather than asking
questions.

So, for instance, say, ‘You
sound like you’re from Cork’
as opposed to, ‘Where are
you from?’

Then drop a few things
about yourself into the conver-
sation so that she starts ask-
ing you questions about your-
self instead.

Irish men tend to use alco-
hol as a crutch for confi-
dence when they’re out. I
always encourage clients to
stay sober when they’re chat-
ting women up.

Contrary to what you might
think, Valentine’s Day is actu-
ally a great time for single-
tons to meet someone
because the couples stay in
or go away for the weekend!”

● SEE kamalifestyles.com for
more information.

**KAMA YE
FAITHFUL**
... Stephen



World Bride Web

MATCHMAKERS ON
HOW TO FIND REAL
LOVE ON THE NET

By DEIRDRE REYNOLDS

**ARE you sleepless in Spiddal or all alone
in Athlone? Don’t worry, help is at hand
this Valentine’s Day.**

According to the latest CSO figures, over
41 per cent of the adult population in
Ireland is now single — with single men
outnumbering single women at every
age right up to 80.

But Cupid isn’t the only one taking
aim across the land on this most
romantic of dates.

Here, Ireland’s top matchmakers
reveal how to find love today...

‘Someone looking
for love needs to
have an open mind’

**JENNIFER HASKINS RUNS TWO’S COMPANY
DATING AGENCY WITH HER HUSBAND BILL
PHELAN...**

BEFORE setting up Two’s Company in 2008,
I worked in the manufacturing business for
over 20 years.

Employees would often come to me with
personal problems, so when, at the height of
the recession, I found myself reassessing
my career, setting up a high-class dating
agency seemed like a natural progression.

Bill and I actually met through a dating
agency. Since then, we’ve helped hundreds
of others find love too.

Joining a dating agency is the opposite to
online dating in my opinion. We meet and
interview all prospective members, who
range in age from mid-20s to mid-70s —
and only offer membership if we’re confident
we can find someone to suit them.

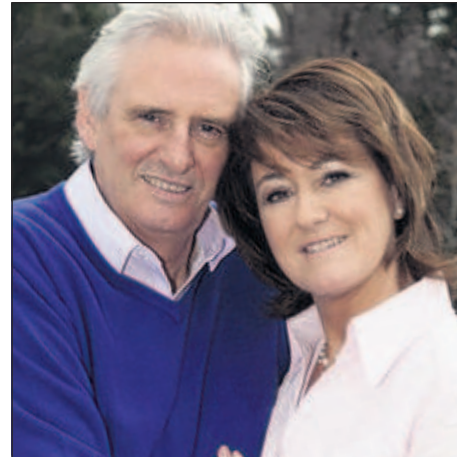
If someone comes to me looking for love,
the first thing I require is open-mindedness.

Women, in particular, need to drop any
preconceived notions about meeting Brad
Pitt and George Clooney.

I find people who have been married
before are more realistic about romance.

Personality, age, values and interests are
among the most important elements of mak-
ing a match. However, if the chemistry isn’t
there, it’s not going to work.

A couple could look ideal on paper, but
simply not be attracted to each other in
person. Opposites sometimes attract. We



IN GOOD COMPANY . . Jennifer & Bill

don’t show members photos of potential
matches. I often joke that if Bill had seen
my photo, or vice versa, we wouldn’t be
together today!

My advice to singletons this Valentine’s
Day is to be more proactive. If you wanted
to achieve something in your career, you
wouldn’t just sit around waiting for it to
happen — and the same goes for love. If
you want something, get up and go for it!

● SEE twoscompany.ie for more information.

41%
of adults
in Ireland
are single

96%
of singletons
say personality
is top trait

58%
of Irish people
believe ‘The
One’ exists

‘Give chemistry a bit
of a chance — and stop
watching rom-coms!’

**RENA MAYCOCK RUNS INTRO MATCHMAK-
ING AGENCY WITH PARTNER FEARGAL
HARRINGTON.**

FEARGAL and I met through his brother, an
old friend of mine, two and a half years ago,
so we know that introductions work!

Six months later, we set up Intro together.

Our research shows that eight out of ten
couples now meet through an introduction of
some form or another — whether it’s
through a friend or work — rather than ran-
domly at the pub.

When people come to us, we encourage
them to be as detailed as possible about
what they’re looking for in a partner.

If you’re waiting for someone who ticks
every single box, though, you’ll be waiting a
long time.

Not to be unromantic but the perfect man
or woman doesn’t exist.

It’s better to make a list of deal-breakers
— like whether or not you want to have
children — and be prepared to compromise
on the small stuff.

Looking back on past relationships can
help you to decide which qualities you want
and don’t want in a partner.

In our experience, smoking is the number
one turn-off in a partner for both sexes.

Women are also put off by stinginess,
while men are looking for women who look



THE INTRO CROWD . . Rena & Feargal

after themselves. As a matchmaker, my big-
gest tip is to give chemistry a chance to
develop — and stop watching rom-coms!

You might not fall madly in love with some-
one at first sight.

But if there’s even a tiny bit of spark, go
on a second date. By the fourth date, you
might really like that person.

● SEE intro.ie for more details about this
agency