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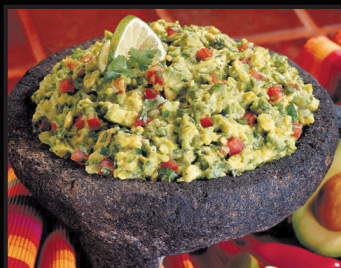
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buzz



Richard and Peggy Wolman

PERFECTING YOUR PROFILE ONLINE

**BY PEGGY AND
RICHARD WOLMAN**

*Peggy Wolman Matchmaking and
Dating Coaching*

"Meeting" men online requires a unique profile and it is crucial to distinguish yourself. The most important feature of a successful online profile is your headshot. You'll need quality photos, which almost always means getting a professional photo taken. This doesn't mean the photo doesn't look natural, but it's a photo that makes you look the best that you can look. Keep the photo recent. Not more than a year old. Wear color. Color stimulates emotion. For women, choose a feminine top that is flattering. For both men and women, color says fun and sexy. Look approachable. Smile and look right at the camera.

A few photo don'ts: No glasses, unless you wear them all the time. Never wear sunglasses in your headshot. No mirror photos. No pets or kids. Save personal relationships to talk about when you meet. You don't cook a recipe with every ingredient in your kitchen. Mystery is good. No surprises. If you change your hair color, get a new photo. In addition to your headshot, you should also include three to five other photos that show you doing something you enjoy doing or a photo of you taken somewhere that has special meaning to you. Include one full body shot. Don't include any girl friends or guy friends and never use a photo with someone cut out of the photo, especially with an arm around you — no matter whose it is.

Your written profile should be brief, with proper grammar and no spelling mistakes. No CAPS — they always look like you're yelling. Mention very little about the man you are looking for.

Make your profile about you. Humor is good, but don't overdo it. Again, think about creating a favorite recipe; you don't need more than one or two select ingredients or one or two funny comments in your profile. Create intrigue by describing an adventure or telling a story. Be sure to leave out some details to make your date want to know more. Be specific, not generic. Instead of, "I enjoy the outdoors," try, "I spend most of my weekends camping." Change "I love movies" to "My favorite movie of all time is 'Sleepless in Seattle.'" And instead of "I love to be active," how about "If it's less than five miles away, I ride my bike there."

Times have changed. Online dating is here to stay. Embrace this change and enjoy being proactive about finding love. If you decide to go it alone without a dating coach, ask one female and one male friend to help you choose your photos, write an effective profile, and even to do some vetting online with you.

P.S. If you're looking for love, try this mantra:

"Whether I am meeting someone online or offline, I'm going to forget my lists of the kind of person I want. Instead, I'm looking for the kind of person I need. I am quite simply looking for someone wonderful, who makes me happy. I know that if I broadcast this mindset to the universe, I will feel empowered because positivity is my first step toward finding love."

Love,
Peggy and Richard

Peggy and Richard Wolman have been recognized nationally as two of the most respected matchmakers, and have appeared on CBS and in The New York Times and the Boston Globe.