

Flirting for dummies

Relationships expert **Katia Loisel-Furey** on the dark arts of lady-wooing

A corny line and a Bacardi Breezer just won't cut it in the flirting stakes these days. To impress the modern woman, you're going to need to try a little harder... and that's where Katia Loisel-Furey comes in. The petite relationships expert has been showing the lovelorn how to get things right for years, and she was kind enough to offer up some advice to a slightly nervous *FHM* over coffee ("Are we making too much eye contact? Is there something in our teeth?"). The good news: flirting is much easier when we thought. All you have to do is look and listen...

Be confident

"For 88 per cent of guys and girls we've surveyed, their initial thought when they met someone was, 'This person's not going to like me,'" Katia says. "And that lack of confidence

comes across in what's called 'non-verbal leakage', where what you're thinking comes across in your body language. And that will affect your ability to pick up. Confidence is huge; 75 per cent of women say they're attracted to confidence."

The eyes have it

"The most important thing is to make eye contact – there is no way someone will know you're flirting if you don't make eye contact. It also triggers a hormone that is the same as the one we get when you get that butterflies feeling. So if you maintain eye contact and smile, that sends a rush of hormones, which makes women feel attracted to you."

Make contact

"Around 92 per cent of women said 'hi' was the best way start a conversation. Guys use these corny

lines – usually when they're half tanked – because let's face it, approaching a girl is scary. But don't do it. Ask her about herself. Women will tell you their entire life story in five minutes if you're prepared to listen; they'll tell you everything that makes them tick. But the trouble is, no one ever listens – they're too busy trying to act cool. But if you just listen to what they're saying, they'll give you all the clues you need."

The name game

"Remembering names is a choice. If it's not important to you, you won't do it. If you meet a girl, and maybe they say their name is Marie. You could say, 'Oh, is that Marie with an "ie", or two "e"s?' Or, 'Marie – that's a nice name.' Repeat it, so then you get an auditory memory and a muscular memory saying it. You're making an effort, and you'll remember it. Women will notice that."

'Women will tell you all that makes them tick. You just have to listen'



Katia's book, *How To Get The Woman You Want* (\$29.95), is out now. For more, visit realpeople-realanswers.com

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