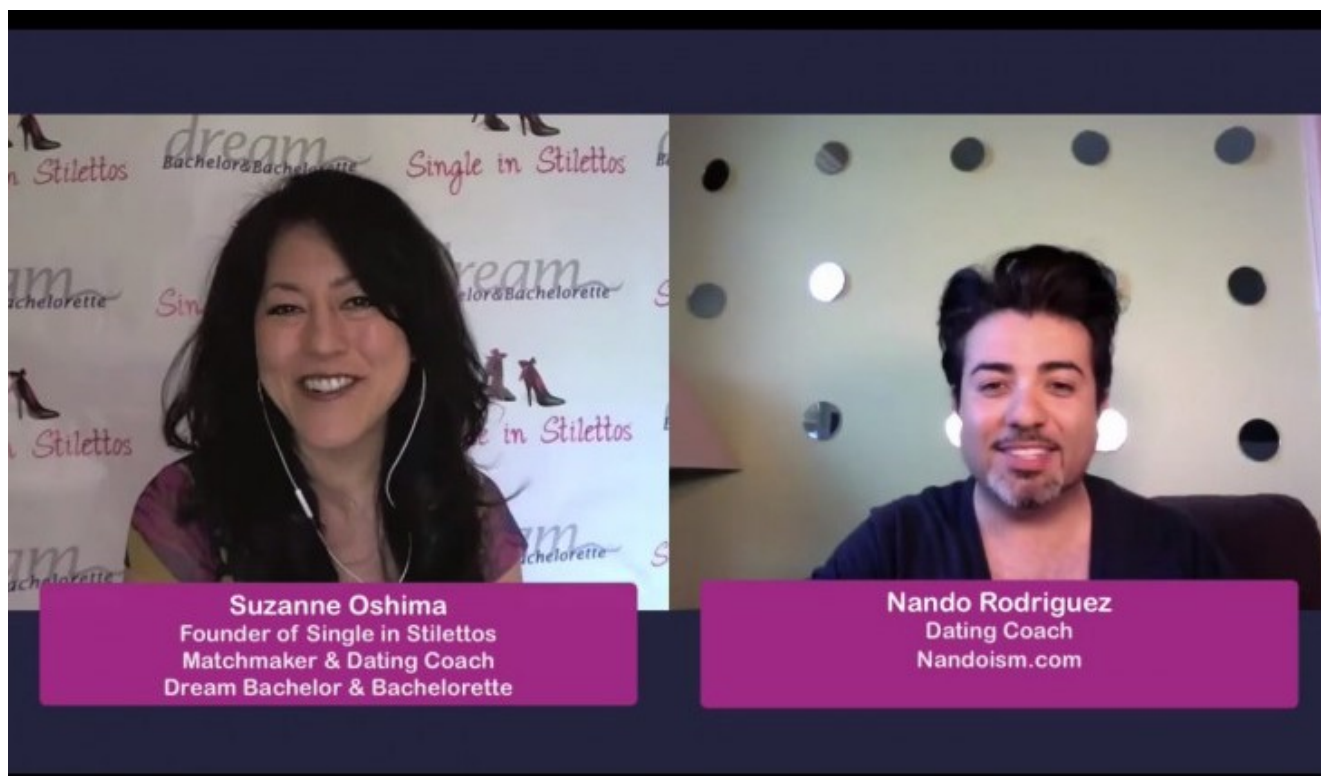


# Dating Advice: First Date Tips For Women



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Nando Rodriguez to offer [dating advice](#) on what women should do on their first dates. Follow these dating tips if you want to start having success on your dates!

## Dating Advice To Follow On Your First Date

1. **Create intent.** Make a promise to yourself that you'll have fun. Do your part on the date to try and make it enjoyable, so

if it doesn't work out you'll know it wasn't all your fault.

**Related Link:** [Five Conversations to Avoid on a First Date](#)

**2. Ask questions.** You have to make an active attempt in getting to know your date. Women often get swept away with talking about their selves, don't do this! Take initiative and ask questions to get to know them.

**Related Link:** [Dating Advice: Moving Fast Towards a Relationship...Is That a Bad Thing?](#)

**3. Checklists.** Be careful having a checklist ready on a first date. Being too rigid in what you want will result in you writing off eligible partners. Let yourself be open on a first date.

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