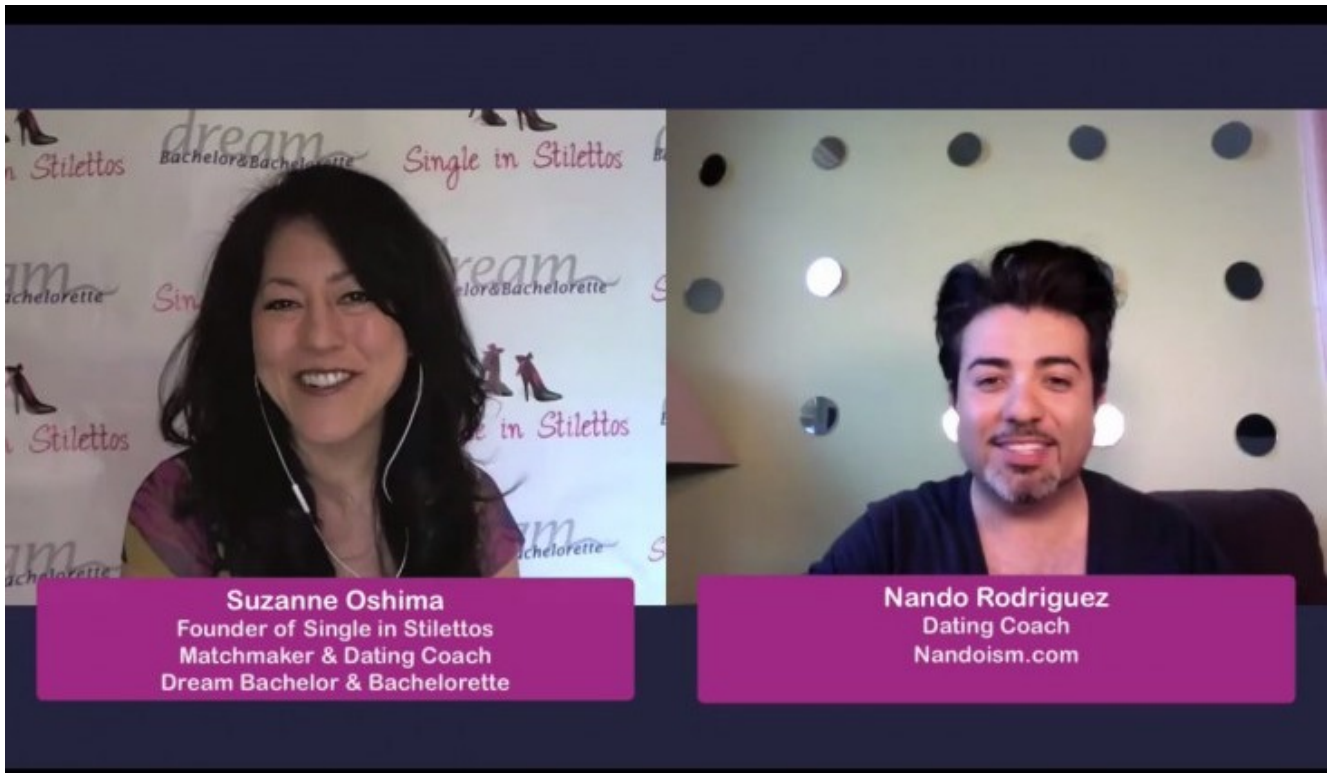


# Single in Stiletto Show: First Date Tips for Women



Dating coach Nando Rodriguez has helped his clients open their eyes to love and find The One, so it's only fitting that he shares his first date tips on this week's [Single in Stiletto](#) show. He discusses first date expectations and preparations; the biggest mistake you can make when it comes to dating; why your checklist may be keeping you single; why you should stop thinking so much; whether or not you should go on a second date with him; and more.

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

For more information about Single in Stiletto shows, click [here](#).

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What's your best first date tip? Tell us in the comments below!**