



**SELECTIVE PROFESSIONALS'**  
NETWORK

SPN eNEWS

May 2018

“There is more to being classy than simply being stylish and confident. Being classy means always being kind, respectful, and polite, even to those who are unkind to you.”

–Anonymous

**Something to think about**— “A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.” **–What truly makes a situation is not the circumstance itself, but the attitude that you bring to the table. Before you jump in with a not-so-great mentality, be sure to take a step back and think a little more positively. Looking up instead of down will make an incredible difference!**

This May, we would like to let you know what's new at  
**SELECTIVE PROFESSIONALS' NETWORK**

- Hoping you enjoyed the beautiful spring weather we have experienced in May! We have had a busy month with our consultants meeting lots of new single people. Did you see us on Facebook or anywhere else on the web, as we had a number of different advertisements running?
- **Summer Festivities** - As we move forward into Summer, keep in mind that this warm weather provides many opportunities for exciting meetup activities and destinations:

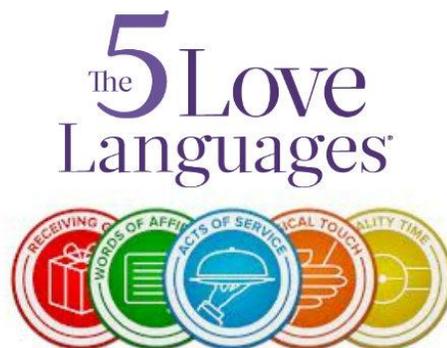
The Winnipeg International Jazz Festival will be nestled in our downtown area from **June 14<sup>th</sup> to June 25<sup>th</sup>** and will feature today's best local, national, and international artists. This year they are offering a fantastic dinner and show experience that includes a realistic jazz club atmosphere paired with cuisine from local Chef Ben Kramer at Kitchen Sync. Dinner seating includes a gourmet four course dinner and a performance during cocktail hour. More information can be found at their official website, located at [JazzWinnipeg.com](http://JazzWinnipeg.com).



Returning to Winnipeg yet again, Cavalia Odysseo is a unique and mesmerizing theatre show that features equestrian arts, stage acrobatics, talented musicians, professional dancers, and a thrilled crowd ready to absorb it all. Located at the signature White Big Top between Kenaston Boulevard and Sterling Lyon Parkway, you can catch this unforgettable experience **until June 10<sup>th</sup>**.

- **The Five Love Languages** – Do you know your love language? It is difficult to reach out to someone when you are unsure of how you communicate in relationships.

Did you know that there are many ways in which you and your partner can communicate?



This quiz, inspired by Gary Chapman's bestselling book *The 5 Love Languages*, identifies the primary way in which you connect with others. Not only is this beneficial to your own personal growth, but it may provide a unique insight into what you may be looking for in a future relationship.

1) ACTS OF SERVICE

Often times, the simple task of doing something for your partner speaks louder than words. Anything you do that eases the burden of responsibilities weighing on your partner falls under this category. Finding quick, easy ways to assist your partner will truly make them feel valued.

2) WORDS OF AFFIRMATION

On the opposite side of the spectrum, sometimes actions *don't* speak louder than words. For those that fall under this love language, hearing unsolicited compliments, positive messages, and quick phrases of appreciation mean more than anything.

3) PHYSICAL TOUCH

While this love language might vary for most individuals, physical touch may just include a gentle pat on the back, holding hands, thoughtful touches, or quick hugs. This particular language is all about physical presence and accessibility, which fosters a warmth and security in any relationship.

4) RECEIVING GIFTS

This particular category is not so much focused on the materialistic aspect of gift giving, but instead, the love, thoughtfulness, and effort behind the gift itself. For those that speak this language, the perfect gift illustrates that your partner is well adept in your interests and cares for you deeply enough to bring you a little present. Gifts act as visual representations of your love, and are treasured greatly by the recipient.

5) QUALITY TIME

The final love language illustrates that nothing says "I care about you" like full, undivided attention. It does not matter what you both are doing, whether it is working out, watching television, or doing chores, so long as you are being present in the moment with them. This may also include sharing quality conversation or activities. No matter what you are doing, you are together, and that is what matters most.

You can take this five minute quiz at [5LoveLanguages.com](https://www.5LoveLanguages.com) and who knows—you might learn a thing or two about yourself, and possibly even how to improve your future partnerships!

- **Dating Do's and Don'ts in 2018** – Often we find ourselves guilty of looking for perfection even though our true ‘perfect’ match is right in front of us! It is easy to fall into routine when it comes to meeting someone new, but an article by [Lifehack.com](http://Lifehack.com) tells us that it is beneficial to slow down, take a breath, and examine your dating approach to ensure a lifelong companionship.



**DO'S**



**DONT'S**

### The Do's

1. **Be Punctual**: For every moment that you are delayed, your date might begin to wonder when you will arrive, if at all. Try to be considerate, and if you are running a little late, try and send them a quick text to let them know that you are on your way!
2. **Be Interested**: If you are both meeting for the first time, it is likely that you may find out a lot about your date that you weren't previously aware of. While some of their hobbies may not be of interest to you, try and be interested in how much *they* are passionate about the subject—who knows, you may end up enjoying it yourself someday!
3. **Dress to Impress**: It is always better to be overdressed than underdressed for any situation. Your date will appreciate the effort that you have put into your appearance—it shows that you care!
4. **Make Eye Contact**: Maintaining eye contact shows that you are present, attentive, and honest; these are three attributes that are crucial to a successful first meeting.
5. **Be Honest**: Your relationship will start off in the best possible way if you both are completely honest with one another. This may apply to your personality, lifestyle, opinions, or anything in between. It is true what they say: honesty *is* the best

policy!

6. Throw in a Compliment or Two: Keep it simple, genuine, and positive. A quick compliment with the right intentions can act as the perfect icebreaker.

### The Don'ts

1. Talk Only About Yourself: A relationship is built upon more than one person; therefore, your conversations should never be too one-sided. If you find yourself talking for a while, try and give them the floor to share.
2. Keep Checking Your Phone: This rude gesture shows a lack of interest and overall disrespect to the conversation. Be courteous and keep your phone out of sight!
3. Perfection is Overrated: No one is truly perfect, and although some may claim they are seeking their perfect partner, it is impossible for anyone to be without flaws. Try not to make yourself out to be Mr. or Mrs. Perfect, but instead, be your genuine self. Your date will appreciate you more for doing so.
4. Focus on Past Relationships: This subject is best mentioned and not elaborated on. While it is important to remember past relationships and learn from them, it is best to leave previous romantic endeavours to yourself. It is time to focus on the now!
5. Don't Think Too Far Ahead: Always enjoy the moment! If you find yourself dwelling on what *might* happen instead of being present, take a breath and focus on connecting in the now.



- **A' La Carte Services** - We would love to remind you about the services that we offer at **Selective Professionals' Network**. We can ALL benefit from an expert providing suggestions for a new look!



Now that we are swinging into the summer season, it may be the perfect opportunity to refresh your hairstyle, fitness routine, fashion style, or smile. Self-improvement is the first step to confidence and living a happier lifestyle, so check out the services that we offer to our clients [here](#)! All of us at SPN are happy to set up an appointment for you and help you put your best foot forward.

Keep your eyes open for next month's newsletter: we will be introducing a new **Cosmetic Dentist** and a teeth whitening special to celebrate his arrival!

- For all of our clients, we would like to advise you that introductions will now typically be emailed weekly during **Monday or Tuesday**.

- PER YOUR CLIENT AGREEMENT: Don't forget it is up to you to advise us whether you are available to be considered for any introductions in June. Please email to [info@selectiveprofessionalsnetwork.com](mailto:info@selectiveprofessionalsnetwork.com) or [info.spn@shaw.ca](mailto:info.spn@shaw.ca) during the first week of EACH month and advise if you are available for an introduction. In the subject line, you can put- "*Available for an Introduction*". *If we do not hear from you, it will be taken as you are unavailable to be considered for an introduction.*

This would include if you have been introduced to a candidate, agree to meet again, and then you did not continue seeing each other. We won't know, unless you tell us. ☺

Also, during the month, do not forget to notify **SPN** if you become unavailable.

- Thank you for your referrals in April. We love to help people and would love to help those who are not aware of **SPN**. If you know of anyone who may benefit from the services of **SPN**, please feel free to refer them. This month's new referrals will be thanked with a gift card to **Starbucks**. Therefore, please ensure any potential clients you have referred, do provide your name.

Should you know of any successful, single professionals between the ages of 25 through 75ish, looking for a better way to connect with like-minded singles, please have them contact:

Paula at [Paula@selectiveprofessionalsnetwork.com](mailto:Paula@selectiveprofessionalsnetwork.com) (Cell: 204.995.3175) OR  
Melanie at [Melanie@selectiveprofessionalsnetwork.com](mailto:Melanie@selectiveprofessionalsnetwork.com) (Cell: 204.479.1680).

- If you are a past client and would like to reactivate your membership, please ask about your options.
- Each month, **SPN** will email you our **monthly** newsletter. You should expect to receive it towards the end of each month. If you do not receive it by the end of the month, please contact **SPN** to notify us that you have not received it.

Best regards,

Patricia Veert  
President

To unsubscribe, please email [info@selectiveprofessionalsnetwork.com](mailto:info@selectiveprofessionalsnetwork.com) with the subject line **Unsubscribe**.

