

# Would you DATE you?



Are you struggling with your current dating situation and want to change it for the better? If you feel disappointed, frustrated, or anxious when it comes to dating and relationships, you're invited to a unique 6-week 'The Rules of Modern Dating' workshop tailored to individual needs. Feel empowered, confident, and ready to break free from approaches that just haven't worked for you. Become the person that YOU would want to date and be ready to change your life forever.

## What the **Rules of Modern Dating** workshop covers



### The new rules of dating

Etiquette, how to flirt, how to increase self-esteem and self-confidence



### Consent

Why consent is mandatory, what consent looks like in different situations



### Online dating 101

Dating profiles, tips for using profile photos, and more



### Dating non-negotiables

Standards and red flags



### Rejection

How to handle rejection, healing from past relationships



## Get the details

Each workshop session will meet once per week for 6 weeks. Each session will end with 30 minutes of group process time, offering a chance to debrief and share experiences. Space is limited.

**DURATION:** 6 Weeks from April 15th - May 20th

**TIME:** Sundays 2:00 PM - 3:30 PM

**LOCATION:** Five One Two Counseling & Coaching, 1012 E. 38 1/2 St. Austin, TX 78751

**PRICE:** \$330

The workshop is open to all singles inclusive of all genders and sexualities offered by Shaina Singh, LCSW. Shaina Singh is a licensed psychotherapist and certified dating coach based in Austin, Texas. Shaina is sex-positive, poly and kink-friendly, and an ally to the LGBTQIA+ community.

Learn more about Shaina at: <http://www.fiveonetwocounseling.com>



Email [hello@fiveonetwocounseling.com](mailto:hello@fiveonetwocounseling.com) to register, today!

Please send inquiries, along with your name and phone number, for a free 20-minute over-the-phone consult with Shaina to determine fit for the workshop.