

# The First Step to Mastering *Love, Life & Success*



## Quick Start Mini Course 3 Tools that Unlock Communication

**Avoid Frustration, Misunderstandings, Needless Heartache, Missed Opportunity and Wasted Time while Navigating the Differences between Men and Women in your Personal, Love and Professional Lives.**

Mastering love, life and success doesn't just happen, it is an acquired skill. It doesn't have to be a complicated process and can be really easy by making the choice to be open to new information. The first step to mastering any relationship whether personal or business is to first create understanding. We have to understand where the other person is coming from to be able to effectively communicate with them and continue the relationship. This might sound obvious at first, but what if we don't understand the differences between men and women?

In our love, personal and professional lives, we encounter people of the opposite sex daily. This could be our father, mother, children, friends, neighbors, our romantic partner or boss. In all of our relationships, we want to be celebrated and appreciated for who we are and what we bring to the table. We also want to get our needs met while considering the needs of others. So how can we get what we are looking for in a relationship without going through frustration, misunderstanding needless heartache, missed opportunities and wasted time? We have a solution. We developed this free mini course to provide any man or woman with a quick start formula to give you the power to turn any relationship around so you can start to:

### **For Dating:**

- Meet great matches who want to date you and become irresistible to them.
- Have first dates that lead to second dates and more.
- Get a relationship that unfolds and grows at the right pace and doesn't fizzle out.
- Find the love you want.

### **For Ongoing Relationships:**

- Begin to re-ignite the flame in your relationship that used to be great.
- Clear up that misunderstanding you had with a relative so that holiday dinners do not need to be so awkward.
- Easily create understanding instead of disagreement with a neighbor, relative, child, spouse or parent.
- Start to fix a relationship with your spouse or partner with better communication.
- Improve your connection with spouses, friends and family.
- Improve family relationships, even the difficult ones!
- Communicate more effectively with the opposite sex to solve conflict.
- Stop the drama, even with teenagers!

**For Professional and Business:**

- Increase sales or get that promotion through a better understanding of what the opposite sex needs in a business relationship.
- Increase productivity and cooperation on projects
- Set yourself up to get to the next level in your career path by forming the right alliances or land the big client you have been pursuing.

**Our Philosophy:** What if you could be armed with a set of tools that enabled you to handle any situation that life can throw at you? Well you can!

Life is happening all around us and we can't control what someone else may do or need including the problems that they may have. What we can do is gain the tools to be able to handle what someone may do or need including their problems while keeping our composure, dignity, honor and self respect.

**What to Expect:** The same tools can be applied to your love, personal and professional lives to start getting the results you are seeking. We will share the 3 tools from the quick start formula with you and then we'll ask you to take some actions today so you can begin to get better results right away! This is a proven formula to improve your results in dating, love, personal and business relationships.

We have personally experienced huge rewards from this simple formula and so have countless other men and women. When you implement these 3 tools in your interactions with other men and women you will begin to:

- Become more attractive to the opposite sex
- Become more attracted to people of the opposite sex
- Speak to the opposite sex with confidence
- Get more dates
- Find the love you want
- Re-ignite the flame in your relationship with your lover
- Recover a relationship that has turned bad
- Experience less drama (even with teens!)
- Get people to open up more easily and earn their trust
- Start getting along with co-workers that you may have had problems with in the past
- Get your boss to notice you and what you bring to the team
- Connect with that client in a better way and capture their business

It's not about external things like looks, possessions or status, but about how you make the other person feel and how you interpret your interactions with the person of the opposite sex. This new set of results is accessible to anyone, at any age and in any situation by applying a few tools.

**Let's Get Started:**

## **Tool #1:**

### **View Men as Men and Women as Women**

We all know that men and women are different. We speak, act, think, listen and feel differently. Men and women are motivated by different things yet we try to judge a man as if he was a woman and vice versa. Why did he/she do that?

Then we try to figure things out from our own viewpoint or way of thinking without considering that there could be a completely different viewpoint especially with the opposite sex. This is naturally how most of us try to respond to things, but it almost never helps you understand what is really happening or how to respond to the opposite sex.

These differences are not a choice, they are biological.

What have we heard men or women say about each other?

#### **Men Often Think Women Are:**

- Overly emotional
- Needy
- Dramatic
- Not always rational
- Too strong to need him

### **Women Often Think Men Are:**

- Selfish/Non committal
- Insensitive
- Controlling
- Not always caring
- Not strong enough for her

How do these perspectives of men or women prevent you from getting dates or hurt your personal or business relationships?

You could miss finding out who they are and why they acted like they did or said what they said. We could misinterpret and take something someone does or says completely wrong. **Stop Assuming!** Making assumptions about people usually will cause us to misjudge them. That guy or girl who might have gone on a date with you could get turned off. Your boyfriend/girlfriend or husband/wife might pull away or be distant, angry, defensive and upset. The boss or client that could have given you the promotion or deal you wanted may walk away thinking that something is just off with their communication with you.

### **Women:**

What if women are not really needy, they just experience feeling relaxed and at ease by receiving a little bit of regular connection from you? This applies to all women; it just looks a little different depending on the relationship. Your girlfriend needs a check in with a text to know you are thinking of her. Your wife could use a check in to ask if there is anything that she needs you to bring home after work.

Your daughter just needs to know you care; this could be a hug or a text daily. Your co-worker needs a quick check in for you to ask how her weekend went. Women can be more inclined to make business deals with people who offer value and take an interest in connecting with her. This looks like a check in to ask about something she is interested in or noticing something that you both have in common.

### **Men:**

What if men really do care, it just shows up in a different way than how a woman would show she cares? He may not tell you that he loves you often, but he may be willing to help at a moment's notice and provide things for you. A man will not usually offer to help or provide anything if they really do not care. They will also be willing to spend time with you if they care. This applies to most men; it just looks different in different situations.

We may misinterpret a father being controlling when he just may just want to be protective or help you solve your problem. Professionally someone may offer to introduce you to someone or show you how to do something. This doesn't necessarily mean that they don't think you are capable of doing something on your own, it may mean that they are inspired to provide for you or contribute to your professional success. A man can care for a woman in a non-romantic way.

### **Back to Assumptions:**

You can see how assuming something about someone can cut off the potential for further conversation to see what the real motive is for why a man or woman will act a certain way.

This plays into how we judge potential dates or how well we communicate in all of our relationships. Do you want to get more dates or have less distance or drama in your relationships? Would you like to improve upon your communication with new clients or co-workers to accomplish your goals for success? Living a successful life does not involve luck; it involves learning effective tools and the choice to apply them in our lives.

### **What to Do Next?**

Let's start by changing the way we view a man or woman and how that is at the root of their actions or words. We have found that there are several characteristics that are common in most men and women when they have the chance to express themselves. While not all men and women will fit the characteristics that we are outlining below, the majority of men or women do. These characteristics are usually at the root of what they say or do.

### **How to Effectively Think of a Man:**

- Protector
- Provider
- Single Focused
- Most Men are Loyal
- Seeking Appreciation/Affection/Sex
- Seeking Trust and Respect (Do you have my back?)
- When he cares for you, he wants to make you happy

### How to Effectively Think of a Woman:

- Nurturing/Caring
- Gatherer
- Diffuse Awareness (ongoing awareness of surroundings/multitasker)
- Most Women are Sensitive (Women in business may be less sensitive)
- Seeking Connection/Intimacy
- Seeking Emotional Trust (Are you strong enough to be there for me?)
- When she cares for you, she wants to please you and talk to you.

### How to Use This New Perspective in Viewing Men or Women:

- Pause in all your interactions.
- Never assume to know what the other person is thinking or feeling or that it's how you would think or feel.
- Instead of looking at their words or actions from the viewpoint of your own gender, think about if they are actually motivated by being a man or woman. (see the list above)
- It could be more about the differences between men & women. ([Find Out Even More About the Differences between Men & Women](#))
- Be aware that women in work mode can be more masculine and think, speak or listen more like a man in that mode.
- Be aware that as men and women get older and hormones change, the roles can begin to reverse very subtly or a lot.

## **Tool #2:**

# **Speak Their Language**

We all talk to each other the way that we would naturally want to be talked to. This is a natural default in how we communicate, but can cause problems if we do not take into consideration the differences between men and women.

### **How Men Talk:**

- When men talk they will get to the point and share just enough details that are needed to support the point that they are making.
- Men usually don't repeat anything that appears obvious to them.
- The more comfort and trust a man has with someone the more he is willing to share his thoughts and ideas.

### **How Women Talk:**

- When women talk they talk to share or connect.
- Women enjoy sharing details even when there isn't a point.
- When a woman does not feel connected to someone she will either talk a lot trying to find something to connect about or she will stop talking at all.

How do these differences cause problems in dating, personal, business or professional relationships?

Men don't always share enough details which will cause a woman to not experience connection. If she does not feel connected, she will write him off before agreeing to date him or after the first date. At work, she will stop trusting him and distance herself. Women in relationships will shut down and feel disconnected from their partner or co-worker if he never shares details. This can lead to hurt feelings and what men experience as drama.

Women may talk too much and overwhelm a man with details and he won't feel that natural attraction that can build by shifting to his style of talking. Men in personal or business relationships can begin to tune out and withdraw if a woman shares too many details too often and doesn't get to the point. This can lead to conflict and what women experience as being ignored or neglected.

#### **How to Effectively Talk to a Man:**

- If you want good results when talking to a man, try to get to the point and share as few details as are needed.

#### **How to Effectively Talk to a Woman:**

- If you want good results when talking to a woman, share more details, especially ones that can help you connect to her, like finding things in common.

## **Tool #3:**

### **Listen to a Man like a Man and a Woman like a Woman**

Men and women often do not hear each other at all. They often interrupt each other but for very different reasons.

#### **How Men Listen:**

- When men listen they listen to “what’s the point?”
- If someone seems distressed, men listen to “what’s the problem?”
- This is not how women talk so men are hunting for the point or problem and will often interrupt in frustration to say “Can you get to the point?” or to solve what he perceives to be her problem.
- This upsets women and she can experience feeling disconnected, disrespected or not cared for.

#### **How Women Listen:**

- When women listen they listen for connection.
- They find connection by finding things in common, things in agreement, that someone is sharing details with them and that shared knowledge of details are correct.
- They interrupt if someone is quiet for more than a few seconds.
- They also interrupt when they are in agreement or not in agreement with someone.
- Men can experience this as being disrespected or that someone does not have their back.

How does this hurt you in getting dates, having great personal or professional relationships?

It kills attraction for potential lovers and it prevents connection and partnership in personal or professional relationships. Listening how a man or woman wants to be listened to is a very powerful tool to turn on attraction and bring you closer to your date or mate. It builds professional relationships that lead to more success in business because of better understanding, trust and respect.

### **How to Effectively Listen to a Man:**

- Give a man up to 30 uninterrupted seconds to answer a question.
- Give him time to pause between thoughts up to 30 uninterrupted seconds.
- Wait for him to finish talking before commenting on anything he has said.
- He will usually signal you that he is done talking by changing topics, asking you a question or simply saying “and that’s what I have to say about that”.
- Do not listen to whether or not you agree or disagree with him; listen to understand who he is as a man and what is important to him. Why does he have the opinion that he has versus do you agree with his opinion.
- If he shares a lot with you, he is sharing who he is and that is not something he shares with just anyone.
- Men share their achievements when they want to impress you. Bragging on a date usually means he wants you to be attracted to him.

### **How to Effectively Listen to a Woman:**

- Listen to a woman as if she’s doing a data download from her day or week.
- Listen like she’s just sharing her stories and experiences and observations because she cares about you and wants to connect.
- Listen to understand that she remembers a lot of details and will need to empty her data basket so she can collect more stories, experiences and observations in the future.
- Do not listen for a point or a problem, there may not be one.
- If you have an idea or a solution to an apparent problem, ask her if she would like for you to share it and only share it if she wants you to.
- You can ask her at the end of what she says if she wants you to remember or do anything about what she just shared.
- Women are happy when they can just share their thoughts and men can view this that they are helping by being there to let her share and make room for future information. Even if she is upset with what she is saying, it is allowing her to process and solve the situation.

When you listen to how a man or a woman desires you to listen to them you are able to shift every experience you have from now on into a more positive one. It’s not about changing who you are; it’s about bringing out a better side of each of you.

**We've Taught You 3 Tools in This Mini Course and How to Implement Them:**

1. You're going to start to see men as men and women as women.
2. You'll start to speak a man's language or a woman's language depending on who you are talking to.
3. And finally you'll shift your listening to listen to a man the way he needs you to listen to him and to listen to a woman the way she needs you to listen to her.

**By Applying the Quick Start Mini Course in Your Life You Can Expect to Experience More of the Following:**

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When speaking or listening to someone while having a better perspective on the differences between men and women we open the door for understanding which will create more possibilities for success in our love, personal and professional relationships.

As with every new skill in life, practice makes perfect, so here's what we want you to do today.

**Take Action Today:**

- Pick 1 man and 1 woman and practice (Yes do both! It helps you understand yourself better.)
- Pause and try viewing their actions and words through the lens of who men and women are naturally wired to be, not who you think they are.
- With the man, practice in his language by getting to the point and share as few details as possible. Then practice listening to him without interrupting and waiting up to 30 seconds between what he says.
- With the woman, practice in her language by sharing more details and things in common. Then practice without interrupting and then ask her if there is anything she wants you to help her with or remember from her story.

**About Claudette & Shelley:**

We're two friends who, just like you, were frustrated that we were not getting the results we wanted in our relationships or pursuit of a relationship. After years of getting it half right and half wrong, we finally unlocked the system of tools that actually worked to get, have and keep great relationships in our love, personal and professional lives. It's now our passion to empower as many men and women of all ages as we can with the tools to get what they want and have what they need in all of their relationships.

Our discoveries came out of a combination of our entrepreneurial and professional journeys, our romantic relationships, our personal relationships, working with mentors and our own research with men and women of all ages and backgrounds. Along the way we saved marriages (including Claudette's!), empowered young adults who were losing hope due to bullying, peer pressure or low self esteem, set men and women up to win dating in their teens through their 60s, mentored business professionals how to be more successful and guided countless men and women to heal important relationships in their lives.

It is our intention with this course to empower you to experience how a few easy tools can start to get you results. The tools in this mini course are the same exact tools that worked for us and for so many men and women that we've worked with to quickly begin to turn around our all of our love, personal and professional lives.

If you found the information in this mini course helpful, free as our gift to you, please share our website with your friends. Why do we share this valuable course for free? We want everyone to have access to the tools that empowered us. While we can't share all of our tools for free (we are a business after all!), we know that these 3 tools included in this mini course can begin to have a powerful and positive impact on all of your relationships overnight. It's the change we want to see in the world. Will you help us? It just takes one share to help change the world.

We'd love to hear your results from putting this mini course into action. Send us an email to: [info@claudetteandshelley.com](mailto:info@claudetteandshelley.com) or connect with us on [Twitter](#) or [FB](#).

Want to know more about how the right tools can lead to mastering anything by yourself? Find out more by [clicking here](#).

*Cheers!*  
*Claudette & Shelley*

