



Cate Mackenzie: Flirting - A Path to Embodied Communication



Cate Mackenzie is a Sex and Relationship Therapist who has taught in six countries. She was the Dating Coach for “The Undateables” and has been teaching flirting skills since 2011. She runs monthly Facebook lives on relationships for Psychologies Magazine and has been featured on BBC’s “Woman’s Hour” and Channel 4’s “Kinky Britain”. This session will focus on how and why to reawaken pleasure in our body.

TOP EMBODIMENT TIP: You don’t attract what you want, you attract who you are

Flirt with Self First:

- When we give ourselves pleasure, allowing the production of more oxytocin, dopamine and serotonin, we create more self-respect and regulated self-esteem, and it becomes easier to flirt and to date.
- Introducing a practice to open and relax your belly, face, genitals works more effectively than using words.

Flirting:

- Flirting involves body language, the tone of our voice, the pace with which we speak and act.
- Sensual flirting is more connected to the body.
- Levels: greeting, warming, looking longer, connecting with the body.

Developing Practices:

- If you are feeling withdrawn and/or have low desire, practice before a meeting to warm up the body.
- If you are feeling anxious, practice meditation, talk to friends, bring softness to yourself.
- Create new neural pathways by slowing down.

Systematic Desensitization:

- Our parents couldn’t receive us as much as we needed.
- Receive yourself ½ hour every morning by giving yourself pleasure.
- Together we can feel more love.

Resources

- ❖ **Website:** [Cate Mackenzie: Love Coach, Psychosexual Therapist and Couples Counsellor](#)
- ❖ **References:** Harville Hendrix, Barry McCarthy, Hedy Schleifer



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