



--- FREE BONUS GUIDE · FOR SINGLES

3 Ways to Stay Calm *Before a Meeting*

Clarity · Confidence · Calm Guidance — a few quiet shifts from Mrs. S. Eisenbach for the hour before you walk in.

--- BEFORE YOU WALK IN

Three ways to steady yourself

1

Keep the Goal Simple

You're not coming to decide anything big. You're simply coming to meet a person. That's all. **When the goal is small, the pressure becomes small.**

2

You Don't Need to Know Everything

Feeling unsure is normal. You don't need clarity before the meeting — clarity comes after, and often slowly. **Give yourself permission not to have all the answers.**

3

Choose One Calm Intention

Not a script — just a quiet focus like: *"I want to understand who this person is."* **A simple intention helps you stay grounded and present.**

--- ASK YOURSELF

Coaching Questions to Ask Yourself Before a Meeting

A few gentle prompts to help you feel steady and centered.

- 📍 **What do I want to feel during this meeting?**
Calm? Present? Steady?
- 📍 **What's one thing I want to understand about the other person?**
A simple focus reduces overwhelm.
- 📍 **What would help me feel a little more calm and steady right now?**
A breath, a pause, a reminder — whatever supports you in the moment.
- 📍 **What pressure am I carrying that doesn't actually belong to me — from family, shadchan, or others?**
Letting go of outside pressure creates space to breathe and think clearly.
- 📍 **What would "showing up as myself" look like today?**
Authenticity over performance.

Yancheinu offers calm guidance for shadchanim, mothers, and singles.

Shadchanim

Mothers

Singles