

SEX

➔ DR ELNA MCINTOSH is a Johannesburg-based clinical sexologist and therapist.

THE SCENARIO:
YOU GET DRUNK ON YOUR FIRST DATE

➔ **FIRST DATES CAN BE QUITE** intimidating and sometimes we consume more alcohol than we plan to. There are different ways your date could play out: he might think you're a crazy alcoholic and run for the hills. Then again, he could be charmed by this fun side of your personality.

However, showing up tipsy or quickly progressing to drunk isn't an ideal way to get to know someone. Also, being intoxicated around someone you don't know could put you in a very unsafe situation. So don't do it again!

If the date seems to still work out, the first thing you should do post-date is send him a quick email lightly apologising for your behaviour – tell him that you enjoyed the date and hope to see him again. If there is a next time, meet at an alcohol-free event.

For future first dates, remember to determine the number of drinks you plan to consume before you start drinking. Also make sure to eat before you go out and during the date. Another trick is to alternate alcoholic drinks with soft drinks or water.

See sexdoc.co.za for info.

ENTERTAINING

➔ KATE EMMERSON is a UK-trained master life coach and is based in Johannesburg.

THE SCENARIO:
YOU THROW A PARTY AND ONLY FIVE PEOPLE PITCH

➔ **WHETHER YOU'RE AN EASY-GOING** Party Patsy, or a nervous Anxious Annie, people not showing up at your soirée will still have an impact on you.

If you're an Anxious Annie, don't beat yourself up or take it personally. Guests who come are the ones who care about you, so don't stress or feel hurt about non-arrivals. Revel in the ease of fewer people and remove excess food to curb embarrassment. Display confidence at having enjoyed your party. Remember, often people have legitimate excuses. If they choose to offer an explanation, great, but asking for one may seem desperate. Next time, ensure RSVPs.

If you're a Party Patsy, think how much more fun you'll have spending quality time with committed friends. Trust in the bigger picture that the perfect people are there – don't act like a diva and spoil your own party. Find creative ways to distribute any excess food to add a feel-great factor. Drop it off at a shelter the next day or ask your guests to take some home. Then send fabulous photos to the entire guest list so they'll never miss a party that cool again!

See kate-emmerson.com for info.

CAREER

➔ KATLEGO KOLOBE is a Johannesburg-based Martha Beck-trained master life coach.

THE SCENARIO:
YOU SEND A MEAN EMAIL TO THE WRONG PERSON

➔ **WE'VE ALL EXPERIENCED THE** embarrassment of the wrongly sent email. You know the one: where you inadvertently send a snarky remark about a colleague to your friend but also hit "reply" to your colleague. Eish! Your friend may find it funny, but your colleague will be furious.

The first step is to accept that it's done. When we accept that the worst has happened we're more likely to deal with the consequences. The next step is to know that in the world of instant communication this kind of error happens to everyone.

The best thing is to apologise immediately after noticing the error. Pick up the phone or, even better, go and see your colleague to let her know it was unintentional and that you thought you were venting with a close friend.

Tell your colleague that it won't happen again and that it's been a tough day for you. It may also help to offer a small peace offering, like a cup of coffee, to show you're sincere.

Next time think before you hit "send" and make it a habit to triple-check the recipient's name.

SAVING FACE

Though these missteps won't ruin your life, they are cringe-worthy enough to make you want to hide under the covers for a few days. Recover your rep with these tips from the experts. **BY JESSICA BLASE**

PHOTOGRAPHY XXX

'Showing up tipsy or progressing to drunk on a date isn't an ideal way to get to know someone. Also it could be unsafe'

– DR ELNA MCINTOSH, SEXOLOGIST