

# Notes to staff

## Speed Dating

- This is designed for assembly or tutor time.
- You can listen to the Pearl episode anywhere you get your podcasts to get the full story.
- You can also download the transcript for your own preparation.
- The assembly has been edited to fit more with students and be relevant to them.
- There are notes at the bottom of each slide for reference.
- We would love to hear how it has gone, email [admin@pixl.org.uk](mailto:admin@pixl.org.uk)



**PIXL**

# **Speed Dating**

**IGNITING LEADERS, CHANGING LIVES**

# People Watching/Listening



earwig

/ˈɪəwɪɡ/

verb

gerund or present participle: **earwigg**ing

**INFORMAL • BRITISH ENGLISH**

secretly listen to a conversation.

"he looked behind him to see if anyone was earwigg

• **ARCHAIC**

influence (someone) by secret means.

"he was so sure to be earwigg

# Speed Dating

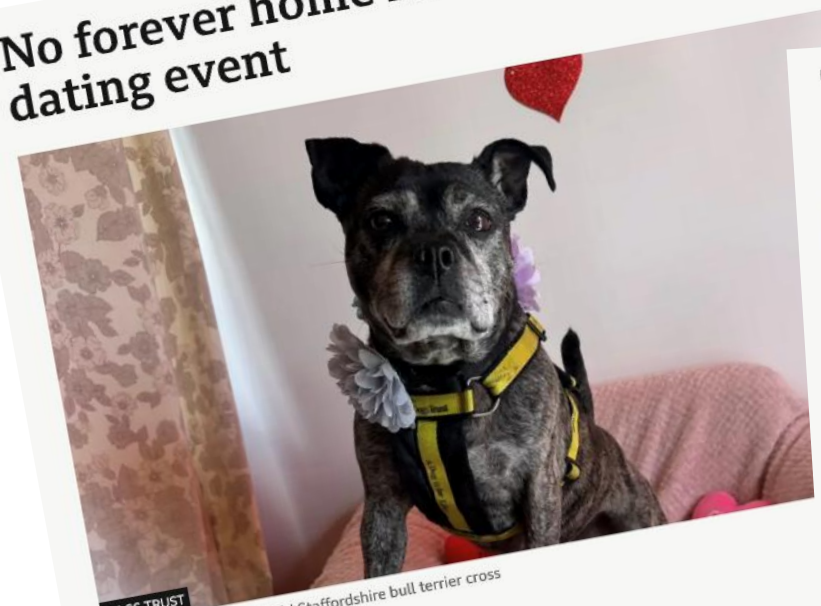
## How did it all begin?

- 1998
- Rabbi Yaacov Deyo
- LA, in the USA
- 12 dates, hopping from one chat to the next
- Responses on a spreadsheet



# It went viral – still is!

## No forever home for dog after speed dating event



**DOGS TRUST**  
Lola Lou is a nine-year-old Staffordshire bull terrier cross

**Stuart Maisner**  
BBC News, South East  
17 May 2025

## The women tackling loneliness by speed mating



**KHIEFA GABBIDON**  
Space For Girls aims to help women connect with each other

**Tania Sangha**  
BBC Midlands Today  
16 January 2025

## 'Over 50s most lucrative age group for speed dating'



so successful  
vies, BBC Radio Wiltshire

# Why is it so popular?

- Real conversation
- Rejects highly curated images
- Can be more present in the moment
- Back and forth conversation
- Face-to-face, real-time chats
- Beyond only appearance

**How can we  
talk to each  
other better?**

# 1) Words really do matter

## Humans really like:

- A sense of connection when we are speaking
- Being appreciated and hearing appreciated language
- When sympathy is expressed, e.g. ‘that must be tough’
- When people show us their listening (but be careful about interrupting!)

## 2) 4 minutes is enough

**Meaningful connections can be established in 4 minutes**

- Speed is not a barrier.
- We make sophisticated judgements on 'thin slices' of information.
- If we agree we are both feeling awkward, connection grows!

## 3) Planning talk helps!

**There are some things that really do help:**

- Plan a topic of conversation ahead of time – even just for 30 seconds.
- Think of some questions to ask – it helps us relax and be present.
- When we plan, we say less ‘ummmms’ and ‘urrrrs’ and feel more confident.

**So now what?**

# Be a fly on the wall of your own conversations



# Pre-plan topics to talk about



# Plan questions to ask



**Talking builds connection.  
Connection helps us feel we belong.**

The logo for PiXL, featuring the word "PiXL" in a bold, orange, sans-serif font. The letter "i" is lowercase and has a white dot above it. The background is dark grey with abstract geometric patterns, including a grid of small circles on the left and concentric circles on the right.

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