

Scot McKay (00:02)

All right, gentlemen, here's the deal. Keeping it a buck, most of us aren't any fun. All right. And this is crazy because girls just want to have fun. We've talked about that before on this show. But man, we as guys still have it embedded in our cranium that we have to be this stoic, serious guy, especially when we're getting to know women and asking them on dates and hopefully trying to attract them, or else we're gonna screw it up, not be masculine.

Scot McKay (00:29)

And we're gonna come off as some kind of dancing monkey or some kind of simp or something.

Scot McKay (00:34)

And that kind of black and white thinking is poisoning our pond. It's it's peeing in our swimming pool, gentlemen. Because, you know, no one wants to swim in there, especially anybody female. My first time guest today, well, look, she's a delight. You guys are gonna love her immediately. I was joking with her. She's got everything going for her except the Eastern European accent. She can't do that because, you know, like me, she's originally from Maryland. So we're stuck with that. But she lives in Seattle nowadays.

Scot McKay (01:03)

And she runs something called Magnetix Love School and something called Turned On. Now, guess which one is the dating advice versus the business advice one? You're gonna be wrong because Turned On is her business advice thing. Darn it. But she is wonderful at talking to men about how to be more fun and to flirt in a way that doesn't get you arrested and sent to jail or fired or something.

Scot McKay (01:33)

Crazy like that. Cora Boyd, welcome to the show.

Cora Boyd (01:37)

Thank you for having me. Hello, gentlemen.

Scot McKay (01:40)

Yes. Hello, nurse. Isn't that what the Animaniacs used to say? Hello, nurse. Well, you're not a nurse, but you're kind of like a love doctor in your own right.

Cora Boyd (01:50)

It's true.

Scot McKay (01:51)

Yeah, we'll give you the full credit. And you're a married dating coach like I am.

Cora Boyd (01:56)

Yes, yep.

Scot McKay (01:57)

And your spouse is fully on board with you teaching this stuff, probably pretty proud. Like, you know, my wife, not only

Cora Boyd (02:01)

Yeah.

Scot McKay (02:03)

is she cute and sweet and treats me right, she's an expert at this stuff. Aren't you jealous yet? Yeah.

Cora Boyd (02:07)

I think it gives

Cora Boyd (02:08)

him a lot of street cred when we first started dating, people, if we'd meet them at parties or something, they'd be like, hang on, you're dating the dating coach. So I think it makes him look pretty good. Right, right. You must be

Scot McKay (02:24)

How d how d how did you tame that wild shrew, right? Yes, exactly. Yeah.

Cora Boyd (02:28)

so charming that you're dating the dating coach. Yes.

Scot McKay (02:32)

Well, of course he is. You wouldn't have settled

Scot McKay (02:34)

for anything less. That's right. So talk

Cora Boyd (02:35)

It's true.

Scot McKay (02:38)

to me about where men I don't know. I don't want to be mean and nasty, but I am a guy, so I can sort of talk freely about this. Where do we screw this up? Cora, why are men so crappy at flirting? What do they not

Cora Boyd (02:55)

Yeah.

Scot McKay (02:55)

get that women get? Because most women

Cora Boyd (02:57)

Yeah.

Scot McKay (02:58)

can do this.

Cora Boyd (03:00)

I think there's a few things and I'm sure you talk to your listeners and your clients about this as well, but

Scot McKay (03:07)

I do, but I wanna give you the first person on this. Yeah.

Cora Boyd (03:09)

Yeah, yeah.

Cora Boyd (03:10)

Well, I think one of the main things that is very topical to today's moment is being afraid to cross the line and be creepy. So kind of navigating that tension between, okay, how do I be forward and directive and express interest, but not cross the line into territory where I'm being creepy? And what does that even

mean? And also,

Cora Boyd (03:39)

crossing into territory where I'm making someone really uncomfortable or not reading the signals. I think there's a lot of trepidation I observe in men around that now, which being playful and flirting and humor in general, it is about risk taking, right? It is about, I always say,

Cora Boyd (04:03)

creating attraction and flirting, it's actually about creating tension, sexual tension, right? And so many other areas of life were taught to diffuse the tension and avoid creating social tension, but humor, flirting and social playfulness is actually about creating a little bit of tension and discomfort. But ideally we're keeping it on the side of the line where it's,

Cora Boyd (04:31)

intriguing and it's kind of a lean forward moment for her versus a lean back, oh, God moment, right? So I think that that is what I see for a lot of guys right now is just confusion around where that line is and feeling so hesitant to create the bad kind of discomfort that they're they're not even leaning into the

Cora Boyd (05:02)

risk and the humor and the social play that's going to create the good kind of tension, the sexual tension. So that's the main thing that I see. And I think there's, I mean, I could talk about this for a long time and we certainly can, but that's kind of the most salient trend I observe in men. It's a fear to cross the line in a bad way. So it's safer to just not, but then that's where you end up

Cora Boyd (05:29)

not having any chemistry with anyone or feeling like, God, she just sees me as a friend or like, I've been friend zoned again. It's, it's because if you're not allowing someone to view you in a romantic light via engaging with them in a flirtatious romantic energy, it's gonna be a neutral dynamic, not a charged dynamic. And that's what we're talking about when we talk about chemistries, like there's some sort of

Cora Boyd (05:58)

charge. There's some sort of intrigue, there's some lean in, and there's some sort of tension and a kind of excitement, which can read physiologically as uncomfortable, right? Butterflies. So I think it's about really understanding clearly and growing confidence in, okay, I understand what is

Cora Boyd (06:22)

okay, and what's not okay, I understand why. And from that place of security in my understanding, I can take some more social risks through being playful and flirtatious and funny.

Scot McKay (06:36)

Well, okay. Man, I need to tell these guys, first of all, how I figured out you existed. I stumbled across you when you were a guest on someone else's show who had requested to be on my show. And I liked you better. So I got a hold of your people and here you are. And I liked you immediately because obviously you talk a lot the way we talk around here.

Scot McKay (07:02)

What's refreshing is to hear a woman talk that way. Because a lot of these guys will be like, well, that's easy for you to say, but what do women really think about this?

Cora Boyd (07:10)

Mm-hmm.

Scot McKay (07:11)

The twist that you just put on it that I love is you kind of turn the tables back on us. Hey,

Cora Boyd (07:18)
Mm.

Scot McKay (07:18)
you know, you're so worried, guys, about you know, her being offended and her being angry that you're sort of

Cora Boyd (07:24)
Mm-hmm. Mm-hmm.

Scot McKay (07:27)
angry and offended and holding back

Cora Boyd (07:29)
Mm-hmm.

Scot McKay (07:30)
and scared

Scot McKay (07:31)
on everybody's behalf without doing anything. You

Cora Boyd (07:34)
Mm-hmm.

Scot McKay (07:34)
know, I'm reminded of the movie The Hurt Locker, where Jeremy Renner's

Cora Boyd (07:37)
Mm-hmm.

Scot McKay (07:38)
character has to defuse bombs. You know, he's really

Cora Boyd (07:40)
Mmm.

Scot McKay (07:41)
diffusing situations so they don't blow up in his face. And and perhaps not coincidentally, Jeremy Renner is bad with women. You know, when he comes home

Cora Boyd (07:50)
Mmm.

Scot McKay (07:51)
with his wife, it's infamously terrible. I mean that that that

Cora Boyd (07:54)
Mmm.

Scot McKay (07:55)

whole end scene, you know, towards the end of that movie, not to

Scot McKay (07:59)

expose any spoilers here. But it doesn't go well when he returns. He's not as good with women as he is at being a soldier. And I do think you're right about that. I think a lot of guys

Cora Boyd (08:10)

Yeah.

Scot McKay (08:10)

are like, okay, this is like diffusing a bomb. I'm Jeremy

Cora Boyd (08:13)

Mm-hmm.

Scot McKay (08:14)

Renner in The Hurt Locker. And man, if I just

Cora Boyd (08:16)

Mm-hmm.

Scot McKay (08:17)

cross those wires one time, this whole thing is gonna blow up in my face so hard.

Cora Boyd (08:23)

Yeah.

Scot McKay (08:24)

And all we're talking about here is talking to a girl.

Cora Boyd (08:27)

Yeah. Yeah. Yeah.

Scot McKay (08:27)

I mean, you know, it's crazy. But that is

Scot McKay (08:30)

how guys feel about this. Like the risk isn't even, I don't even hear much about acceptance versus rejection anymore, like you used to in the pick up artist days. It's just like, hey,

Cora Boyd (08:38)

Yeah.

Scot McKay (08:40)

you know what? I really do want to be a guy who's a provider and a protector. I want to be a hero to women. The last thing I want to do is make a woman feel insecure and look creepy. That's against who I am. So what's

Cora Boyd (08:52)

Yes. Yes.

Scot McKay (08:54)

the best strategy here? Do nothing.

Cora Boyd (08:56)
Yeah, right.

Scot McKay (08:56)
And then the women

Scot McKay (08:57)
are left, y'all are just there going, where did all the real men go?

Cora Boyd (09:01)
Yeah.

Scot McKay (09:01)
Is nobody talking to me because I'm just unpopular and I'm not cute anymore? You know, and you're looking in the mirror for wrinkles and stuff. And and really it's us, not you. It's society

Cora Boyd (09:05)
Right. Yeah. Yeah.

Scot McKay (09:11)
telling us as men, hey, don't even... There's a woman, don't talk to her. It's dangerous. It might blow up. Yeah.

Cora Boyd (09:15)
Mm hmm. Yeah.

Cora Boyd (09:18)
Yeah. 100%. And I feel like the antidote to that, well, there's various things and obviously the work that both you and I do. That's true. But there is I mean, yeah, I think

Scot McKay (09:25)
Now that assumes it's poison right there. You need an antidote. It's like the anti-venin for this, so you don't die of like the rattlesnake bite. Yeah.

Cora Boyd (09:33)
what's so interesting about today's dating culture and also why

Cora Boyd (09:38)
so many people are having a hard time connecting in you know, the hetero dating sphere between men and women is it very much is a microcosm of gender politics and it very much is a it's kind of the interpersonal you know, if you want to be if you want to have real love and intimacy with someone, you have to have emotional safety. And I think that that is

Cora Boyd (10:08)
the problem right now is that there's so much contention between men and women, obviously not everyone, right? And I think that's something I feel really passionate about diffusing, To keep going with our, you know, we wanna diffuse sometimes, we wanna put up the electrical charge in other ways. And it's just understanding kind of where diffusing is more helpful and appropriate and where like turning up the electric.

Cora Boyd (10:37)
electrical charge is more appropriate and effective. But I feel like a lot of guys are they have some sort

of idea that they need to come in with the very first thing that they say to a woman and like with some sort of clever line and sweep her off her feet immediately.

Scot McKay (11:00)

It's gotta be heroic or she's gonna run

Scot McKay (11:02)

away. Yes.

Cora Boyd (11:02)

Yeah,

Cora Boyd (11:03)

when in reality, what diffuses the whole situation and makes it much lower stakes and enjoyable for everyone is literally just treat her like a person first gauge her availability to even have a conversation. If if you get the kind of energy where it seems like she's not available to talk, she I call it with with my male clients, I call it a grunt worthy opener.

Cora Boyd (11:31)

So what I mean by that is saying or opening a conversation with some sort of comment, question or statement that someone could feasibly respond to with a grunt if they did not want to talk. And so that way you're able to see, okay, like this person doesn't want to talk. That's fine. Like no harm, no foul. I literally am just being friendly. I can read the room. I am going to move on. Right? So,

Cora Boyd (12:01)

just lower the stakes and say something open-ended, right? Make a comment about the environment you're in. tell her you like her shoes, right? Like if she doesn't wanna talk, she's gonna say, thanks. Look back at her phone, right? Grunt, kind of her grunt, right? If she does wanna

Scot McKay (12:23)

Okay.

Cora Boyd (12:24)

talk, if she has approachability and receptivity,

Cora Boyd (12:28)

to having a conversation, she's going to say, thank you so much. I just, I got these last week or like, I'm headed to a dance class for the first, like she's going to "yes, and..." you to use some improv and humor speak. Right. So that's,

Scot McKay (12:41)

Yes.

Cora Boyd (12:42)

that's what I want to encourage guys to understand is actually like, it's way less scary when you start lower stakes and you

Cora Boyd (12:54)

you allow her to reciprocate engagement and to show you, hey, I'm open having a conversation. Then we, what I call like up the ante a little bit, dial up, you know, maybe start with a little more playful, see how she responds. And then we can dial up into a little bit flirtier. And the way that I teach flirting as well is like, there's a friendly playful version of flirting. You see how she responds with that. Then you can move into a little bit more romantic or like,

Cora Boyd (13:24)

clear expression... like, more bolder expressions of attraction, right? But you don't have to do that in your first breath. And in fact, it's not encouraged because she's gonna feel like, this guy like, he has nothing to go off of to be interested in me yet beyond maybe he finds me visually attractive. Like, it actually, like when you let it be merited, your, your interest based on

Cora Boyd (13:52)

actually having a conversation and a connection and you let the interest grow based on actually becoming interested in her, it lands so much better with her and it makes her feel a lot more special because it's based on your actual interaction with her versus, here's some guy just like he's done this seven other times this morning and I'm just a female on legs and I could be anyone. He's just, he's just saying his line, right?

Scot McKay (14:24)

Wow. Now, how many episodes of this show have you actually ever listened to? And how much research have you ever done into X & Y Communications? Say none.

Cora Boyd (14:34)

Well, I just looked

Cora Boyd (14:35)

at your site, but are we resonating with our philosophies?

Scot McKay (14:40)

You just made my entire audience roar in laughter in unison.

Cora Boyd (14:45)

good, I'm glad.

Scot McKay (14:47)

Here's the thing. And I've said this recently on this show. So I'm gonna look these guys in the eye and go, guys, see what I'm saying?

Cora Boyd (14:56)

Yeah.

Scot McKay (14:57)

You have people out there who are just trying to get engagement in social media by telling you things that are just not true,

Scot McKay (15:06)

to get you all riled up and create division and get engagement and drive ad revenue. And then you have what works.

Cora Boyd (15:18)

Yeah.

Scot McKay (15:20)

Cora is telling you what works.

Cora Boyd (15:23)

Mm-hmm.

Scot McKay (15:24)

That's why it looks like she has been quite literally spying on our entire

Scot McKay (15:29)

organization, like some kind of blonde American Fang Fang out there. But that's not what she did. She just figured it out on her

Cora Boyd (15:37)

Mm-hmm.

Scot McKay (15:38)

own because it's what works. Now, Cora, for

Cora Boyd (15:40)

Mm-hmm.

Scot McKay (15:40)

your benefit, I have an audio program for these guys. It's

Cora Boyd (15:45)

Mm-hmm.

Scot McKay (15:46)

my latest on what works when approaching and creating conversation with women. And I promise

Cora Boyd (15:51)

Mm-hmm.

Scot McKay (15:52)

I'm not making this up as

Scot McKay (15:53)

humorist Dave Barry would say. It's called "Yes, And...". It's about how the the the number one principle of improv makes women love you when you talk to them. Guys

Cora Boyd (16:07)

Yes!

Scot McKay (16:08)

are guys think women are stupid. Their opinions don't matter. They've been taught

Cora Boyd (16:10)

Mm. Mm.

Scot McKay (16:12)

that by you know someone toxic. And so they go out on first dates and they argue with her. You're wrong about this. That's stupid. Why would you... a lot of why questions.

Cora Boyd (16:18)

Mm-hmm. Mm-hmm.

Cora Boyd (16:21)

Mm-hmm.

Scot McKay (16:23)

First rule of improv, yes, and you start a conversation,

Cora Boyd (16:25)

Mm-hmm.

Scot McKay (16:26)

she follows, and you go, yes, and and you build on it. And the next thing,

Cora Boyd (16:29)

Mm-hmm.

Scot McKay (16:30)

not only do you like each other, but it's it's

Cora Boyd (16:32)

Mm-hmm.

Scot McKay (16:33)

entertaining and fun. Remember that fun part? Okay.

Cora Boyd (16:34)

Yes. Yeah, yeah.

Scot McKay (16:38)

More importantly,

Cora Boyd (16:40)

Yeah.

Scot McKay (16:41)

I believe I am the only male dating expert, consultant type

Scot McKay (16:48)

who talks about flirting not as a binary, no interest

Cora Boyd (16:51)

Mm-hmm.

Scot McKay (16:52)

versus nice shoes, let's screw, and treats

Cora Boyd (16:54)

Yup.

Scot McKay (16:55)

it like literally I use the word dial.

Cora Boyd (16:59)

Mmm, okay. Yeah.

Scot McKay (17:00)
And I demo this. I say, women think

Scot McKay (17:03)
about flirting like a dial, not like a binary on-off switch. And you just

Cora Boyd (17:05)
Yes. Yeah. Yeah.

Scot McKay (17:09)
expounded upon that beautifully. I just, I

Cora Boyd (17:11)
Yeah.

Scot McKay (17:12)
don't know if you noticed, but I just kicked back, shut up, and let you, let you riff. I let you spill

Cora Boyd (17:16)
Hell yeah.

Scot McKay (17:17)
it because what you were doing is you are a woman validating everything I've ever told these guys. And these guys will look

Cora Boyd (17:22)
Mm-hmm. Yeah.

Scot McKay (17:24)
at it back at me going, do women really think that?

Scot McKay (17:28)
And so here you are. You come show up all friendly and cute and married to a great guy. And you're like, yes, absolutely, that is actually what works. And by the way, I've never heard of this

Cora Boyd (17:38)
Yeah.

Scot McKay (17:38)
guy or his show or anything. I just showed up and started talking, right? As they say on the East Coast. You're talking.

Cora Boyd (17:41)
Yeah. Right.

Scot McKay (17:45)
And it's all absolutely corroborating everything we've ever talked about. So guys are like, look, if I go talk to her, she's gonna be on to me.

Scot McKay (17:57)
She's gonna know I want to get in her pants. She's gonna know that all men only want sex. And so the jig is up. Right.

Cora Boyd (18:04)
Mm-hmm. Yeah.

Scot McKay (18:05)
I this is what I used to be like back when I was really, really nervous around girls in high school and college. I

Cora Boyd (18:11)
Yep.

Scot McKay (18:12)
was, I called it shyness induced snobbery. And we have not talked about it on this show in in years, probably. But every

Cora Boyd (18:16)
Mm hmm. I love that. Yeah. Yeah.

Scot McKay (18:22)
time I've ever brought it up, guys went, oh my God, that's me.

Cora Boyd (18:25)
Yes, yep.

Scot McKay (18:27)
So there are these, you know, you're in this ecosystem with all these cute girls, and you know, all of them are single and

Cora Boyd (18:32)
Mm-hmm.

Scot McKay (18:32)
you're all together at school every day. And you do not talk to this girl. You don't acknowledge her existence. You don't even smile around her. You treat her as if she doesn't exist because she's the one you're really hot for. And

Cora Boyd (18:43)
Mm-hmm. Mm-hmm.

Scot McKay (18:45)
if she knew you even knew she existed, she could probably fill in the blanks, find out that

Cora Boyd (18:50)
Thanks.

Scot McKay (18:50)
you have a crush on her and embarrass you mightily in front of the entire school for it.

Cora Boyd (18:55)
Mm-hmm. Mm-hmm.

Scot McKay (18:55)
And so,

Scot McKay (18:56)

you know, the girl signs your yearbook when you graduate and go, I always thought you were nice and cute, but you never talked to me. You didn't seem like you liked me. Oh, well. And you like go beat your head against the wall.

Cora Boyd (19:02)

Mm-hmm. Mm-hmm. Yeah.

Scot McKay (19:06)

Shyness induced snobbery. And it's

Cora Boyd (19:08)

Yeah.

Scot McKay (19:09)

descendant from this binary view of flirting.

Cora Boyd (19:12)

Mm Yes. Yeah. Yeah.

Scot McKay (19:14)

Right.

Cora Boyd (19:15)

Mm hmm. And I think it's a I have so many things to say about everything you just said, but

Scot McKay (19:20)

Go for it, yes.

Cora Boyd (19:21)

I it's psychological, right? It's an end to what we're speaking of. Yeah. Mm hmm. But

Scot McKay (19:26)

And self imposed. The women didn't do it to you. No.

Cora Boyd (19:31)

it's it has to do with the fear, right? Of when literally psychologically, when we're in a state of fear, we

Cora Boyd (19:39)

our scope of focus narrows. So we see it's either, you know, in a scenario where there's a bear, it's like, okay, fight, flight, right? Like it's, yeah, exactly. And so

Scot McKay (19:47)

Fight or flight. And you take off. Yeah.

Cora Boyd (19:51)

you literally only see like two outcomes. Either if I talk to this woman or ask her out or whatever, either it's like a roaring success and we're together forever, or it's a crashing, humiliating failure.

Cora Boyd (20:08)

Right? And that in reality, those are not the only two options. And those are not like you you build on something, right? It's about building a connection to your point with the "yes, and...", and yes

Scot McKay (20:18)

Yes. And right.

Cora Boyd (20:21)

and but also a lot of what we're talking about with bringing in lexicon from humor and comedy is that actually in order to be able to access our creative thinking psychologically, right? And

Cora Boyd (20:36)

And humor is a social type of creativity, right? It's making associations, right? It's even creating jokes. You have to be able to think out of the box little. Mm, yeah, I love that.

Scot McKay (20:47)

Well, I I think it's the theater of the ironic, the unexpected. If you can take something and twist

Scot McKay (20:53)

it into what nobody expects you to say, then you're already

Cora Boyd (20:57)

Exactly.

Scot McKay (20:57)

doing the the attractive kind of humor. I what I tell

Cora Boyd (21:01)

Exactly.

Scot McKay (21:02)

guys if they're total newbies at this and they really want to start mastering it is never forget every joke ever written like this is I just flew in from Cleveland and boy are my arms tired. Every joke is the same joke.

Cora Boyd (21:19)

I hadn't heard that before. Yeah, it's totally true. Yeah No Yeah

Scot McKay (21:20)

Well, it's true. You you'd never heard the joke before? Wow, you are a youngin'. That's Henny Youngman.

Scot McKay (21:27)

That's that's before my time. You know, but you go watch old like Marx Brothers movies,

Cora Boyd (21:35)

Mm-hmm.

Scot McKay (21:35)

where Groucho Marks just starts going on a riff. And, you know, your first inclination is this is like from 1935. This is gonna suck. You know, it's black and white. Then you realize these are like the first talkie movies.

Scot McKay (21:48)

And none of the material had been used yet. It was all new. And you're

Cora Boyd (21:51)

Mmm. Mm-hmm.

Scot McKay (21:53)

dying laughing. It's the funniest stuff you've ever heard in your entire life. Like, you

Cora Boyd (21:58)

Mm.

Scot McKay (21:58)

know, you know, Groucho Marks is like this goofball, right? And they always put him in front of like a straight man, you know, or a woman who's really serious. And one time he's talking about all his exploits, and he's like, Yeah, and the next thing you know, I had two wives. And she's like, Two wives?

Scot McKay (22:18)

That's bigamy! And he's like, big of you, it's big of me. You know how much it costs to support two women nowadays? You know, every joke ever written that's funny is that joke. You just take it and you twist it.

Cora Boyd (22:28)

Right, right, right, right.

Scot McKay (22:32)

I love it. I love everything you're saying, and I just want you to continue. I feel like I'm stealing the thunder from this show as the host.

Cora Boyd (22:39)

Oh, not at all. Well, it's very exciting. I think we're "yes, and-ing" each other. I think that's what we're doing. And it's exciting to

Scot McKay (22:43)

Yes, yes, and please continue.

Cora Boyd (22:46)

connect with someone who kind of shares the philosophy and perspective. Because as you said, there's a lot of stuff out there and there's a lot of dating and relationship advice that's rule-y and restrictive versus...

Scot McKay (23:02)

It was divisive.

Cora Boyd (23:04)

device and divisive and creates like an adversarial dynamic between men and women. I think what we're getting at here is that actually, number one, we forget socializing is an improvisation. And number two, you're literally co-creating something in real time. And the most interesting social interactions

Cora Boyd (23:28)

dating and otherwise are ones that go what I call off script, which I think is what you were saying as well of like this person I am present in this dynamic. I'm intrigued because I don't actually know where this conversation is going versus what we were talking about with more of a transactional, what I call like a job interview date, which is where we're like super serious and agenda oriented, which actually really kills connection

Cora Boyd (23:58)

because we're phoning it in, right? It feels rote, it feels routine. We start to check out we're not as present socially because we've had this conversation a million times before. It's not very interesting, right? So that's where treating socializing and dating as a form of socialization as the improvisation and the co-collaborative creation that it is,

Cora Boyd (24:28)

you're going to get much better results, right? And if we're saying results of like, okay, this woman wants to see you again. Of course she does. Cause she had a good time, right? Like that's the thing to focus on, especially initially is just like lower the stakes. Let's riff. Let's have a good time. Let's explore this connection. And what I want people to remember is like shifting out of this kind of adversarial you versus me

Cora Boyd (24:58)

perspective of dating that,

Cora Boyd (25:03)

really kills the vibe and kills the attraction. Remembering that, okay, if a woman's on a date with you, she wants it to go well, right? She wants you to be charming.

Scot McKay (25:15)

now look stop

Scot McKay (25:16)

Stop stop stop stop. You're spying on my stuff. You're such a liar. You sho you showed up having gone through my AI asking it all the questions you read every book because now you're just reciting my stuff. Stop it.

Cora Boyd (25:34)

Well, it's great to have the validation, right? Like I feel validated too. Yeah. Yeah. No, she wants you to win. So, so how do you show up differently, more relaxed and more

Scot McKay (25:37)

Well yeah, I mean if a woman's on a date with you, it's not like she's hoping this goes poorly and wants to reject you. My gosh, I've said that ad nauseam.

Cora Boyd (25:49)

able to access your charm and your creativity, your, and your humor when you're in a context where someone is your teammate and they want you to excel, they want you

Scot McKay (26:01)

Yes.

Cora Boyd (26:02)

to sweep them off your feet.

Cora Boyd (26:03)

They're not coming on this date, hoping it's going to be terrible.

Scot McKay (26:10)

Imagine, you know, so many things, wonderful things here. First of all, just to land the plane about what you were talking about, about guys being all wadded up over this, men think

Cora Boyd (26:21)

Mm-hmm.

Scot McKay (26:22)
in terms of competition about everything.

Cora Boyd (26:24)
Mm-hmm.

Scot McKay (26:25)
Women, it'll never occur to most red-blooded women to think of this guy talking to them as a contest. It's like,

Cora Boyd (26:32)
Mm-hmm. Mm-hmm.

Scot McKay (26:33)
a B-O-Y is talking to me. How cute. How fun. Let's see where this goes.

Cora Boyd (26:35)
Mm-hmm. Mm-hmm.

Scot McKay (26:38)
And the guy's thinking, I she's either going to accept me or reject me. I win or I lose. And then

Cora Boyd (26:42)
Mm-hmm. Yes, exactly. Yeah.

Scot McKay (26:45)
men are like, I gotta be serious. I've got to have this completely scripted so nothing goes wrong. Meanwhile, and this goes back to something you said more towards the beginning of the show, and there was just such a treasure chest of wonderful information that it flowed under the bridge. But you know, you were talking about how when a guy meets a woman,

Cora Boyd (27:04)
Mm-hmm.

Scot McKay (27:05)
just look around you and observe something to talk about.

Cora Boyd (27:08)
Yeah.

Scot McKay (27:09)
And and we get blinders on when we think we have to have this rote pickup line or this thing that I've been trained to say every time. And

Cora Boyd (27:16)
Yeah.

Scot McKay (27:18)
meanwhile, if you look around and say, Hey, look at that guy over there. What are they doing? Or can you believe these are on sale? But those aren't on sale if you're at

Cora Boyd (27:24)
Yeah.

Scot McKay (27:24)
the grocery store and she'll just start talking to you. Now, you talked about grunt worthy questions. And I I thought that was cute and funny.

Cora Boyd (27:31)
Mm-hmm.

Scot McKay (27:33)
But here's the thing. I'm kind of doing the "yes, and..." in reverse. This is a "no, but...". I'm doing it all wrong, and I understand that. But you're a big girl and you can handle this.

Cora Boyd (27:41)
Yes.

Scot McKay (27:43)
The thing is, after all these years of doing this, we've never had a rude rejection from a woman when we've been respectful, warm, and given her space.

Cora Boyd (27:51)
Mm-hmm. Mm-hmm. Yeah. Yes.

Cora Boyd (27:57)
Yes. Mm-hmm.

Scot McKay (27:59)
Precisely because we're not walking up to women and go, I'd really like to have sex with you. And having her throw a martini in our face or whatever. It's not

Cora Boyd (28:03)
Exactly. Yep. Yep. Right.

Scot McKay (28:07)
black and white, you know, you were talking about the nice shoes thing, and you and I were talking about

Cora Boyd (28:12)
Mm-hmm.

Scot McKay (28:13)
Office Romance, that newish movie

Cora Boyd (28:14)
Mm-hmm.

Scot McKay (28:15)
with Brett Goldstein, who's famously known as Roy Kent, the gruff guy,

Cora Boyd (28:20)
Mm-hmm.

Scot McKay (28:20)
in Ted Lasso, and Jennifer Lopez.

Scot McKay (28:24)
And one of the things they tell Roy Kent, you know, he's always gonna be Roy Kent to me, no matter what he's in. They tell Roy Kent, don't talk about her shoes. She can't stand when people talk about her shoes because she's because he's walking into this business meeting with this high-powered Jennifer Lopez CEO character. And the first thing he says is, is nice shoes. And then of course he does

Cora Boyd (28:43)
Mm.

Scot McKay (28:43)
the signature Roy Kent line as soon as he realizes what he did wrong. He goes,

Scot McKay (28:50)
You know.

Cora Boyd (28:51)
Yeah.

Scot McKay (28:52)
And she's like, they get interrupted or something. But he's doing this all wrong. But because he's trying to be genuine, it actually goes oddly well vis-a-vis

Cora Boyd (29:02)
Mm-hmm.

Scot McKay (29:03)
someone showing up and just being fake and trying to be someone they're not. And I want you to comment on this

Cora Boyd (29:06)
Mm-hmm. Mm-hmm.

Scot McKay (29:09)
because you sort of touched on it. You're not

Cora Boyd (29:11)
Mm-hmm.

Scot McKay (29:12)
making women feel safe and comfortable when she knows absolutely nothing about you or even

Cora Boyd (29:17)
Mm-hmm.

Scot McKay (29:17)
How

Scot McKay (29:17)
to size you up or what to think of you. If you're trying

Cora Boyd (29:20)
Yeah.

Scot McKay (29:20)
to be something you're not, that's inherently unsafe to a woman. What say you?

Cora Boyd (29:24)
Yes,

Cora Boyd (29:25)
yes, yeah, 100%. Yeah. And I think also, good. Yeah, we've been I

Scot McKay (29:28)
See now I've been reading your stuff.

Cora Boyd (29:33)
clearly we're having a mind meld in some sort of way. It is it is and and it's not

Scot McKay (29:36)
Well it it's what works, Cora. It's not even miraculous, you know.

Cora Boyd (29:41)
it's it's actually pretty simple, right. And I think what we're both saying, too, is there's there's so much rhetoric out there of like,

Cora Boyd (29:52)
you know, this idea of like, okay, here's what you need to memorize, or here's what here's like a front you need to put on and whatever sense or you were alluding to earlier of like, okay, you need to be this like, super slick James Bond, whatever, in order to be attractive, like, it's actually not true, right? There's many different flavors of attraction, right? I call it flirting flavors. It's kind of like a sense of humor.

Cora Boyd (30:17)
Everyone has their own style and voice when it comes to flirting. But if you can understand the mechanics of it and what you're doing, and it's very simple. I say the four functionalities of flirting are to express attraction, to gauge attraction, to create attraction and to have fun. And so if you know what you're doing, right?

Cora Boyd (30:44)
And you can absolutely get the hang of this, right? You can just play in those realms, right? I think what we're saying of starting low stakes, get the sense, okay, this woman wants to connect. And you also have to come from the perspective and the mindset of, yes, maybe I'm talking to her initially because I find her physically attractive, visually attractive, but...

Cora Boyd (31:12)
you're also gauging attraction through the interaction. Like you're also talking to her to see, is there a connection? Do I want to build on this or is she giving me anything to work with? Is there genuine intrigue? Am I actually interested based on having an interaction and a conversation with her versus, I just need to push my agenda and get her number so I can feel

Cora Boyd (31:41)
good about myself, right? I think that's what we're talking about, of like a type of energy that she can absolutely sense of that, that kills a sense of safety, right? Is like, is this guy just coming in with an agenda? I could be anyone. He's just trying to get my number or get, know, escalate things to the next

step, whether or not we actually have a connection.

Cora Boyd (32:07)

There's a huge difference between that kind of energy and like, here's a friendly guy. We're having, okay, we're having a little bit of rapport. We're having a little bit of chemistry and okay, we're having a little bit of a connection. There's some intrigue and he's asking for my number or giving me his number, whatever it is to take the next step based on something real between us, not based on trying to close a deal based on an agenda that has nothing to do with me.

Cora Boyd (32:37)

Right. And the good thing and what we're both saying is, that's how you don't get in those situations with getting a martini thrown in your face or whatever it is. Right. Is you read the room and you build one step at a time and you collaborate with her. And you, if you are going to ask her out, you do it because you actually feel a connection with her, not because.

Cora Boyd (33:04)

you're trying to reach a quota, right? So I think a lot of what we're talking about and a lot of what I want to invite men into is that I think there's so many positive things about men being more logic, being very logical and kind of having a quantitative perspective in many senses. But when it comes to these kinds of social interactions and

Cora Boyd (33:30)

and dates, I want to invite men to step into a qualitative success as in, what was the quality of our interaction? Did we enjoy each other's company? Did we have a good time versus did this person, did I follow the script and this person checked these boxes, right? It's more quantitative, right?

Cora Boyd (33:52)

And of course there are things that we're gonna want to gauge and find out and ask about through the process of dating someone and getting to know them. But the most important thing is the qualitative experience. I mean, across the board throughout the entire relationship, but especially initially, which actually lowers the stakes so much.

Scot McKay (34:13)

You know, I Of course, of course. And you know what? I

Scot McKay (34:17)

I'm going to back off from calling out the common themes that you and I have, because it's just gonna turn into campiness if I continue. But what is this witchcraft? You just talked about reading the room, which is like my biggest soapbox for like the last two months, because we don't do that. And it's like the skill, like

Cora Boyd (34:38)

Yeah.

Cora Boyd (34:40)

Yeah.

Scot McKay (34:41)

What are these people thinking? What is the mood? What do they want to

Cora Boyd (34:44)

Yeah.

Scot McKay (34:45)

talk about? What do they not want to talk about? What is her style? If I'm going to talk to her, what might she be like? And

Cora Boyd (34:51)

Hmm.

Scot McKay (34:51)

you know, when we get that wrong, we're starting from the wrong foot. But if we calibrate based on again being observant and and putting

Cora Boyd (34:57)

Yes. Yeah.

Scot McKay (35:00)

even a modicum of social skill forth here, it will go much better. So you talked about reading the room.

Cora Boyd (35:03)

Mm-hmm. Mm-hmm.

Cora Boyd (35:07)

Yeah.

Scot McKay (35:08)

You're talking about having a quality interaction with a guy rather than him

Cora Boyd (35:13)

Mm-hmm.

Scot McKay (35:13)

just coming at you with another pickup line. He's probably

Cora Boyd (35:16)

Mm-hmm.

Scot McKay (35:16)

used ten times this morning. Now,

Cora Boyd (35:19)

Mm-hmm.

Scot McKay (35:19)

the caveat there is guys, definitely go talk to everybody. Stop being so

Cora Boyd (35:25)

Mm-hmm.

Scot McKay (35:25)

shy and have a conversation with people you aren't attracted to because then when you you know, whoever they are men, women, dogs, you know,

Cora Boyd (35:29)

Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (35:35)

That way when you're in front of someone you are attracted to, you've had the reps that

Cora Boyd (35:38)

Yes.

Scot McKay (35:38)

you can relax into the situation without freaking out. Now,

Cora Boyd (35:42)

Yes.

Scot McKay (35:44)

though that has to be said, you're talking about a situation, if I could put it point blank, where a woman just wants to feel chosen and special.

Cora Boyd (35:51)

Mm-hmm. Mm-hmm.

Scot McKay (35:54)

Because it's like, okay, I don't... Matter of fact, a guy can say, I don't usually do this, or I'm not really very good at this, but

Cora Boyd (36:01)

Mm-hmm.

Scot McKay (36:02)

I had to come over and talk to you. And

Scot McKay (36:04)

guys are thinking, like, well, my goodness, that's going to be exposing weakness. No, actually, a woman's going to see that

Cora Boyd (36:10)

Mm-hmm.

Scot McKay (36:11)

as an indication that you chose her. You thought, you know, he looked at her and went, you know, that is exactly the kind of woman I think I like.

Cora Boyd (36:22)

Mm-hmm.

Scot McKay (36:23)

The other thing you mentioned that guys forget about because we're so competitive and we're also.

Scot McKay (36:31)

God help us, or bless our hearts, as they say down here, down south.

Cora Boyd (36:34)

Thanks

Scot McKay (36:35)

We want to have everything under control. We want to be the hero. The outcome depends on us as men to get right. The success

Cora Boyd (36:43)

Mmm.

Scot McKay (36:43)

or failure of a situation is on the guy to lead. So I'll have guys, for example, go out on dates where the woman was terrible to him and just nasty and lack social skill, and he'll go, What did I do wrong?

Cora Boyd (36:52)

Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (36:56)

So the guy's thinking, if this social interaction of me

Scot McKay (37:00)

talking to her does not go well. It's my fault.

Cora Boyd (37:04)

Mm-hmm.

Scot McKay (37:04)

I did something wrong. And I'm not sure women really understand that. Although you showed a

Cora Boyd (37:08)

You

Scot McKay (37:08)

a keen understanding of that in your answer. I'm just putting it a different way.

Cora Boyd (37:11)

Mm-hmm. Mm-hmm.

Scot McKay (37:13)

So what happens is yes, guys, just like Cora just said, you have the right to evaluate this conversation as well.

Cora Boyd (37:23)

Yes.

Scot McKay (37:24)

You can say,

Scot McKay (37:25)

okay, this wasn't turning out as well as I thought. She's kind of boring or she's kind of crabby or you know, something

Cora Boyd (37:29)

Yeah, yeah.

Scot McKay (37:31)

isn't right here. You have a nice day. It was nice meeting you. You have permission, you have to give yourself permission to walk away from it too. And you know what

Cora Boyd (37:39)
Yes.

Scot McKay (37:39)
that does? Exactly like you indicated, Cora, it takes the pressure off.

Cora Boyd (37:44)
Yes, right. Because you're literally just exploring what could be possible between you. And to your point, you get to evaluate that as well. And that's what I think you made an interesting point. And I totally agree of creating a habit of just, yo, look at that. Right.

Scot McKay (37:59)
Of course you do. We agree on everything. I mean, you know. Because we're talking about we're talking about what's true. Continue.

Cora Boyd (38:05)
We are. Yes. But the foundation of

Cora Boyd (38:10)
your romantic dating life is your social life. I really believe, I really believe the best way to meet people is through people. The best way to get more comfortable approaching and meeting women is to build on a foundation of being more comfortable and getting more comfortable connecting with humans of all sorts out in the world. And exactly, I'd say the same thing to my clients of like,

Cora Boyd (38:37)
when you build a foundation of, call it keeping your friendly muscle warmed up, it's, you don't have your brain go into that fight or flight as much when it's like, yes, here's another person, another human being. Oh, wow... I noticed that she's beautiful and cool. I wonder if she's also interesting, compelling, warm, like any of these things that we might want in a partner.

Cora Boyd (39:06)
I know how to talk to humans. Let's talk to this human and see how it goes and build from there. You're able to, when you keep that foundation warmed up, right? It's very similar to like going to the gym, right? You're bringing in the words reps, right? And like, it's like expecting yourself to do the splits if you never stretch, right? Like expecting yourself.

Scot McKay (39:32)
That sounds more painful

Scot McKay (39:33)
than the actual interaction, frankly.

Cora Boyd (39:34)
You're right.

Cora Boyd (39:35)
Or to lift a super heavy load of weights if you never train and build up to that in the first place versus like, if you train and you stay warmed up socially, allows this foundation for it to feel like the reality that it is, which is just

Cora Boyd (39:56)

you and a human are in the same space, you're acknowledging their existence. And to your point, think that ability to observe and build trust in your ability to read the room, it has to do with your ability to stay present in the interaction and not have your brain go offline from fear, right? So it's what I encourage guys to do as well is just warm up to it too, by just

Cora Boyd (40:25)

talking to more women. And if you need to, and in the beginning, don't even think about getting her number to start. Like if you need to warm up and get more comfortable just talking to women, don't go in with any sort of quantitative success metric here. I'm literally just getting versed in talking to women and enjoying myself. And I think what I want guys to

Cora Boyd (40:53)

know as well and like so much of what we're talking about, it is a two way street. And I do understand why men feel afraid in a lot of situations. And I do think based on, you know, a lot of mutual dynamics and historical context, there are a lot of women who have their walls up. There are a lot of women who are kind of also have have some work to do to

Cora Boyd (41:21)

see the best in men, right? That's very real, right? But there's so many women who actually you do get to be the hero in these interactions, no matter what comes of it, because you're showing an example of a guy who is friendly, warm, respectful, direct and spacious, right? Gives her space to reciprocate. You're actually

Cora Boyd (41:47)

doing very good work in the world by having these interactions at all. And I think there is something very heroic about that. And so I always want to encourage guys to see the act of service that for women that is available in having more of these types of interactions because it allows, it can be very healing for women.

Cora Boyd (42:14)

If they've had bad interactions, if they've, you know, whatever they've been through, it can be a very healing for them as well as you.

Scot McKay (42:26)

You know, everything you just said, a lot of these guys, if they're kind of cynical, they're gonna be like, okay Cora, now you're just buttering us up, right? You know, you're gonna want us to buy your book or something. And you know, they should, right? But really, everything you said is not only honest, but it mirrors a lot of the online well, a lot of the offline conversations I've had with real women.

Cora Boyd (42:53)

Yeah!

Scot McKay (42:53)

It it's easy for them to say, I just wish there were real men. You're a professional at this, as am I, so you're able to articulate this brilliantly, which I adore you for.

Cora Boyd (43:05)

you

Scot McKay (43:07)

A lot of guys are a lot a lot of women, let's start there. A lot of women are like, I just don't understand why guys aren't talking to me. Is there something wrong with me? You start talking to

Cora Boyd (43:17)
Yeah. Yeah.

Scot McKay (43:18)
them about, well, see, there's this thing called approach anxiety, and they're like,

Cora Boyd (43:22)
Mm-hmm. Mm-hmm. Yep. Mm-hmm.

Scot McKay (43:23)
That can't be the case. I'm just a girl. Why would a guy be afraid to talk to me? Well,

Scot McKay (43:29)
because there's a lot of women who are not

Cora Boyd (43:30)
Mm-hmm.

Scot McKay (43:31)
exactly liking men nowadays. We've been told that masculinity

Cora Boyd (43:33)
Yeah.

Scot McKay (43:34)
is toxic. There was the

Cora Boyd (43:36)
Yeah.

Scot McKay (43:36)
#MeToo movement. There's guys getting fired. There's these HR presentations. See, these HR presentations, every woman in the room knows that one bad apple made this necessary. Every guy watching

Cora Boyd (43:47)
Mm-hmm. Mm-hmm.

Scot McKay (43:48)
it went, oh my God, they're talking to me.

Cora Boyd (43:51)
Mm-hmm.

Scot McKay (43:52)
And and that's the disconnect. So

Cora Boyd (43:54)
Mm-hmm.

Scot McKay (43:56)
I think there's a very important element that is yet to be unsaid in this conversation that that really will

kind of bring it all together, be cohesive.

Cora Boyd (44:06)
Mm-hmm.

Scot McKay (44:08)
Guys, everything you've heard, everything that's being fed to you by mainstream media and social media about men being toxic, there being this gender war. You know, you mentioned the LGBTQ

Scot McKay (44:21)
people not having such an issue with this. They're wondering what the hell's wrong with us.

Cora Boyd (44:22)
Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (44:25)
Well, you know, there's something very real about that. But this is

Cora Boyd (44:27)
Mm-hmm.

Scot McKay (44:28)
pretty much a heteronormative show, in that that's who my audience is, because we're talking about male-female relationships. But I did want to acknowledge that. Nevertheless,

Cora Boyd (44:32)
Yeah. Yeah. Yeah.

Scot McKay (44:37)
here's the important part. And I'm not sure this has been underscored enough on this show. So here we go.

Cora Boyd (44:43)
Mm-hmm.

Scot McKay (44:43)
Guys, the people. You want to say the women, I'm going to say the people in general.

Cora Boyd (44:50)
Mm-hmm.

Scot McKay (44:50)
Who have been fomenting this division.

Cora Boyd (44:54)
Mm-hmm.

Scot McKay (44:55)
You know, men and women are not designed to get along. Men

Cora Boyd (44:59)
Mm-hmm.

Scot McKay (45:00)

and women are adversarial. We're no good for each other. All women are terrible. You know, the Men

Cora Boyd (45:05)

Mm-hmm.

Scot McKay (45:06)

Going Their Own Way say that. The feminists are like, I need a, you know, it goes back to Gloria Steinem, right? And you know, I need a man like a fish needs a bicycle.

Cora Boyd (45:15)

Mm-hmm.

Scot McKay (45:16)

We're fed this steady diet of this by angry people.

Cora Boyd (45:19)

Mm-hmm.

Cora Boyd (45:20)

Yeah. Yeah.

Scot McKay (45:20)

Who don't like us and want us to fail.

Cora Boyd (45:24)

Yeah.

Scot McKay (45:25)

Gentlemen.

Scot McKay (45:28)

The message you are believing is from people you're not even going to be attracted to anyway. They're not even

Cora Boyd (45:35)

Yes.

Scot McKay (45:36)

the women you want to be attracted to.

Cora Boyd (45:38)

Yes.

Scot McKay (45:39)

So why are you listening to them? Go

Cora Boyd (45:42)

Mm-hmm.

Scot McKay (45:43)

out, go into the real world where you're going to find black, white, gay, straight, male,

Cora Boyd (45:45)
Mm-hmm. Mm-hmm.

Scot McKay (45:47)
female. We don't really all hate each other. We're more afraid

Cora Boyd (45:49)
Yeah.

Scot McKay (45:50)
that the other side hates us than the reality of us hating them. You

Cora Boyd (45:52)
Yeah. Yeah.

Scot McKay (45:54)
go out in the real world, you start talking to people, and you're going to find out.

Scot McKay (45:58)
Ex post haste with a quickness that people just really want to get along, enjoy life, and be happy. We want we want relationship back. Yeah, you mentioned social muscles atrophying, which, you know, as Ronald

Cora Boyd (46:07)
Mm-hmm. Mm-hmm.

Scot McKay (46:10)
Reagan would say, there you go again. You know, that's another thing we talk about around here constantly.

Cora Boyd (46:13)
Hehehehehe

Scot McKay (46:17)
But again, very true. You know, COVID was like the death knell there. I mean, you know, people just forgot how to be social. Now we're starving

Cora Boyd (46:18)
Mm-hmm.

Scot McKay (46:24)
for it, and there's no one fulfilling on that need.

Cora Boyd (46:26)
Mm-hmm.

Scot McKay (46:27)
You really

Cora Boyd (46:27)
Yep.

Scot McKay (46:28)

are a hero who's doing a service to the good women you really want to attract by starting

Cora Boyd (46:30)

Mm. Yes. Yes.

Scot McKay (46:35)

a warm, fun conversation. And voila, you're gonna get the conversation you hoped for, not the conversation you're fearing is gonna lash back at you. I love it. I think everything

Cora Boyd (46:44)

Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (46:47)

you said today is not only right on the money, but it was incredibly important to hear it from you, Cora, a woman. And you know.

Cora Boyd (46:52)

Mm, mm, mm, awesome.

Scot McKay (46:56)

I I think that's fantastic. And there are so many women like Cora out there, gentlemen. Cora, you're married. How long have you been married? One year. That means there were a lot of years there you were not married.

Cora Boyd (47:03)

Mm-hmm. Mm-hmm. One year. Yeah. It's true. Yeah.

Scot McKay (47:11)

There are women out there who think like you,

Cora Boyd (47:14)

Yeah.

Scot McKay (47:14)

you know, keeping it a buck. You're very cute and you're very charming and you're friendly. This is... These are

Cora Boyd (47:18)

Thank you. Thank you.

Scot McKay (47:19)

are a lot of the check boxes guys guys are thinking in their mind they'd like to meet someone like that.

Cora Boyd (47:25)

Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (47:26)

They're out there, guys.

Scot McKay (47:28)

They're wondering when you're going to step up and show up and she just told you that. What more do we need? Cora, do you need

Cora Boyd (47:35)
Mm-hmm. Mm-hmm.

Scot McKay (47:37)
an airplane and need to go sky write this above the New York City metro area for these gents or what?

Cora Boyd (47:41)
You know, I think I

Cora Boyd (47:42)
probably do. Did you see that couple who climbed the, I think it was the Empire State Building? Yeah.

Scot McKay (47:47)
The tower. Yeah, yeah.

Cora Boyd (47:49)
Yeah. And I think we need to put a big banner up there. Yeah. 100%.

Scot McKay (47:53)
They might have been just needy for attention,

Scot McKay (47:55)
but yeah, it's like, hey guys, talk to chicks, okay? You know, what do you need the voice of God Himself to tell you this? We kind of already did, you know, the Adam and Eve thing. And anytime,

Cora Boyd (47:58)
Yeah, yeah. Mm-hmm. Yeah, yeah.

Scot McKay (48:04)
Cora, someone, someone tells me men and women are adversaries, it's like, look, all right.

Cora Boyd (48:09)
Mm-hmm.

Scot McKay (48:11)
Physically, you you don't

Cora Boyd (48:12)
Hmm.

Scot McKay (48:12)
even need to go further than physiology to realize

Cora Boyd (48:15)
Mm-hmm.

Scot McKay (48:16)
men and women are absolutely positively designed to be in partnership, not adversaries. Otherwise, there

Cora Boyd (48:21)
Right.

Scot McKay (48:21)
are no more babies.

Cora Boyd (48:23)
Right. Mm hmm.

Scot McKay (48:23)
Right. It's it's silly to think otherwise.

Cora Boyd (48:26)
It is silly. Yeah. And we're all human and we have differences, right? Physiologically, biologically, socialized, hormonally, right? So the more that we can learn how to interact with each other and interact with each other, yes, on a foundational human level, we have so much in common, but also learn to

Cora Boyd (48:50)
understand and respect and work with our differences. There's to your point, intense synergy and there's so much complimentary skill sets when we actually come from a place of harmony and respect, right? And I think what I also want to say is that I work with both men and women, right? I started out just working with

Scot McKay (49:15)
Us too.

Cora Boyd (49:16)
men. I also work with women.

Cora Boyd (49:19)
And I have these these exact conversations with women as well, right? Of like, I talk to these guys every day. Here's what they're saying. And then I say to the guys, I

Scot McKay (49:29)
you bet.

Cora Boyd (49:29)
talk to these women every day. And then I bring them into the same space to each with each other and have them talk to each other as well. Right. But I also feel... Yeah. Yeah. Right.

Scot McKay (49:39)
Well, the beauty of this show is it isn't hearsay anymore. Here you are, live and in person,

Scot McKay (49:46)
saying these things. They don't have to believe me. They don't have to take my word for it. Would you

Cora Boyd (49:48)
Yup, yup, yup.

Scot McKay (49:50)
come back on this show sooner than later and let's do another whole deep dive? Because you're just a delight. I want you to come

Cora Boyd (49:52)
Yeah, I'd love to. Yeah. Thank you.

Scot McKay (49:57)

back on this show and talk to these guys about where men and women are alike and where we're really different. Cause I think you could have a wonderful,

Cora Boyd (50:02)

Yes, yeah, that's a great topic.

Scot McKay (50:04)

charming discussion that's very much on the money about that too. And we need to hear that. Would you do that?

Cora Boyd (50:07)

Hell yeah. Yeah,

Cora Boyd (50:08)

I would love to. Yeah, yeah.

Scot McKay (50:10)

Fantastic.

Scot McKay (50:11)

What I'm going to do right now, we could talk about this for hours. We could

Cora Boyd (50:14)

Yeah.

Scot McKay (50:15)

go on a Joe Rogan marathon here. But these guys aren't used to that.

Cora Boyd (50:17)

Yeah.

Scot McKay (50:19)

When you go to mountaintoppodcast.com/cora Four letters, C O R A.

Cora Boyd (50:24)

Mm-hmm. Yeah. Mm-hmm.

Scot McKay (50:29)

You should have the Cora-Zon.

Cora Boyd (50:32)

Ooh, I like that. Yeah. Yeah.

Scot McKay (50:33)

'Cause you know what corazon is in Spanish?

Cora Boyd (50:36)

Yeah! Oh, my God. That's brilliant. Yeah. Heart. The Cora-Zon. That's genius. Wow. That's genius. Thank you. I appreciate it.

Scot McKay (50:41)

Yes. You can steal that. When you go to the Cora-Zon at

Scot McKay (50:49)
thecoraboyd.com. It's because we heart you, Cora.

Cora Boyd (50:51)
thecoraboyd.com,

Cora Boyd (50:52)
yes.

Scot McKay (50:55)
you're going to be magically teleported to Cora's world and you have a podcast of your own called Pillow Talk Radio with Cora Boyd, which can't not be interesting. And you have you have kind of a framework called Flirt Harder, which these guys need to get in on. Talk about that for a second.

Cora Boyd (51:12)
Mm hmm. Yes. Yeah, I run cohorts

Cora Boyd (51:16)
of my flirting school actually. Here I have one of my Flirt Harder stickers. It's my flirting school. It's an eight week cohort, live cohort. So there's a recorded curriculum and then live coaching calls. And we actually do something I call a flirting party.

Cora Boyd (51:34)
which is an improv game where I bring in a kind of group of men and women and also Flirt Harder's mixed men and women. And we do improvised flirting scenes together. So you get to practice in real time and it's silly, right? It's a, it hopefully just helps everyone lower their guard, right? It's a little, it's a little awkward to be

Cora Boyd (52:00)
playing out flirting scenes with strangers, but it is one of the most effective things because then I'm I'm able to see in real time and give feedback of like dial this up, dial this down. So yeah, it's an eight week flirting school. And you can find that on my website as well. And then I'm also very active on Instagram and TikTok at "thecoraboyd" everywhere.

Scot McKay (52:25)
Wonderful. I'm so glad to meet you. I'm glad I stumbled upon you being a guest on someone else's show because, you know, you've been at this for a while and so have I, and our paths haven't crossed, which is remarkable. Yeah.

Cora Boyd (52:34)
Yeah, yeah,

Cora Boyd (52:36)
yeah, well, I'm thrilled to meet you too. And I had so much fun. Thank you for having me

Scot McKay (52:38)
Yeah.

Cora Boyd (52:39)
and I would love to come back.

Scot McKay (52:41)

Yeah, you're gonna come back and we're gonna talk about the differences and the similarities between men and women. Can't wait. Good stuff. All right. Fantastic.

Cora Boyd (52:46)

Yeah, awesome. Look forward to it.

Scot McKay (52:49)

Gentlemen, mountaintoppodcast.com is where you go not only to download the free report, won't cost you a dime. All you do is get on my daily fluff free newsletter and you'll get it. It's called Flip The Switch: 5 Things You Can Do Right Now To

Scot McKay (53:03)

Get Better With Women. And if one of them isn't just relax, have fun and stop being so serious. That probably should be the sixth one. That's yours for free when you when you get on my newsletter list. And gentlemen, there's a lot going on there. Obviously our sponsors, Jocko Willink's company Origin in Maine, the Hero Soap guys, and the guys at The Keyport, all longtime sponsors of this podcast. Use the coupon code "mountain10" to get 10% off with any of those guys. And

Scot McKay (53:33)

Gentlemen, you know, so much of this is true. It seems so easy when Cora and I just sit back and have an improv, you know, session, "yes, and..."-ing each other about it. But

Cora Boyd (53:43)

Hehehe

Scot McKay (53:44)

the reason why it's such a simple, easy conversation between us is because we both know it's true.

Cora Boyd (53:50)

Mm-hmm.

Scot McKay (53:51)

Guys, when we get out of our head and we actually relax in front of women and we start delivering.

Scot McKay (53:58)

On being a man who, yeah, you can provide and protect, but you're choosing the woman you want to talk to and flirt with. You're treating flirting as a dial, not a binary switch. The few things that you keep in your head about getting that right turn into, I would dare say they blossom into a

Cora Boyd (54:15)

Mm-hmm.

Scot McKay (54:16)

conversation you're just gonna be glad you had instead of skipped. We can talk about that. Cora would love to talk to you about that. Whether you talk to me or her, guys, get this handled in your life.

Scot McKay (54:27)

You can start

Cora Boyd (54:27)

Mm-hmm.

Scot McKay (54:28)

by going to mountaintoppodcast.com or mountaintoppodcast.com/cora. And until

Cora Boyd (54:33)
Awesome.

Scot McKay (54:34)
I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.