



1:1 Intensive

Two ways to work with me privately

I Tell Men What Women Won't

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Meet Natalia

Hi, I'm Natalia Maria

I graduated from business school in 2021 and spent 2022 in customer service, where I learned to read people quickly and hear what they mean underneath what they say.

In 2023 I started my first business, working with men in person and privately on dating, relationships, lifestyle and presentation, across several cities in my country.

In 2026 I took it international and built NM Talks. I'm also a former professional tennis player, which is where I learned discipline, standards and what it takes to keep improving.

I believe it has to be mutual. Being desired creates attraction. Being respected creates lasting impact.

There are two ways to work with me privately, depending on the level of access, time, and experience you're looking for.

Both programs are designed to help you become a more confident, intentional, well-presented, emotionally intelligent, and desirable man, especially when it comes to dating, relationships, communication, lifestyle, presence, and the way you carry yourself.

The difference is how we work together.

You can either choose an immersive in-person experience or an 8-week private online transformation.

OPTION 1: 1:1 INTENSIVE: In Person

The immersive experience

The in-person intensive is designed for men who want to work with me face-to-face and in a highly personalized environment.

This isn't simply a conversation or a few hours of advice.

The purpose is to take a close look at you as a man, how you communicate, how you present yourself, how you approach women, how you handle relationships, how you carry yourself socially, and the lifestyle you are building, and identify the areas that need to be elevated.

Because we are together in person, I can work with you much more directly.



How the 3 days are laid out

DAY ONE	1. A deeper understanding of you 2. Communication coaching
DAY TWO	3. Dating and relationship guidance 4. Personal presentation
DAY THREE	5. Lifestyle elevation 6. Real-time feedback

What makes the in-person intensive different?

DAY ONE *Understanding you and how you communicate*

1. A deeper understanding of you

Before we begin, we establish where you currently are, what you want to improve, what you've struggled with, and what you want your life and relationships to look like.

We're not working from generic dating advice.

Everything is tailored around you.

2. Communication coaching

We work directly on the way you communicate.

That can include:

- How you speak to women
- How you express yourself
- How you communicate your intentions
- How you handle difficult conversations
- How you listen
- How you respond instead of reacting
- How you communicate boundaries
- How to become more articulate and intentional
- How to communicate confidently without becoming arrogant or aggressive

The goal isn't to give you a script to memorize.

It's to help you develop better communication instincts.



DAY TWO *Dating, relationships and presentation*

3. Dating and relationship guidance

We look at how you approach dating and relationships from a much bigger perspective.

We can discuss:

- What you're looking for in a woman
- How you choose women
- Standards and boundaries
- Dating mistakes
- Emotional maturity
- Masculine presence
- How to recognize unhealthy dynamics
- How to create healthier relationships
- How to communicate your expectations
- How to become a better partner

This isn't about teaching you how to manipulate women or "get" women.

It's about becoming a man who knows who he is, what he wants, and how he wants to conduct himself.

4. Personal presentation

Your presentation communicates before you ever say a word.

During the in-person intensive, we can work much more directly on:

- Grooming
- Clothing
- Personal style
- Social presentation
- Body language
- Posture
- Presence
- First impressions
- How you carry yourself
- How you show up in social environments

The goal is not to make you look like someone else.

It's to make your presentation match the man you are trying to become.



DAY THREE *Lifestyle and real-time feedback*

5. Lifestyle elevation

Your dating life doesn't exist separately from the rest of your life.

We look at the lifestyle you're creating and whether it reflects the standards you say you want.

That can include:

- Your routines
- Social life
- Environment
- Personal discipline
- Hobbies and interests
- How you spend your free time
- How you present yourself socially
- The type of experiences you're creating
- The kind of man you're becoming outside of dating

Because becoming more desirable isn't just about dating.

It's about becoming more intentional with your entire life.

6. Real-time feedback

This is one of the biggest advantages of working together in person.

Instead of only telling you what you could improve, I can observe how you naturally communicate and carry yourself and give you immediate feedback.

You can ask questions in real time.

We can work through scenarios together.

You can practice communication.

We can identify habits you may not even realize you're doing.

And instead of leaving with information, you leave with specific things to work on.

WHO IS THE IN-PERSON INTENSIVE FOR?

The in-person intensive is best for the man who wants:

Maximum immersion.

You don't want to spread the experience across eight weeks.

You want focused, concentrated attention.



You want to spend dedicated time working through multiple areas of your life and receive direct feedback. You want to improve yourself within 3 days of intensive work.

You also value the experience of being physically present rather than doing everything through a screen.

THE EXPERIENCE

Think of the in-person intensive as a deep dive.

We take the time we have together and make it highly intentional.

Rather than having a weekly call and waiting until the following week to discuss something, we can work through topics, questions, exercises, scenarios, and feedback during the intensive itself.

You leave with a much clearer understanding of:

Who you are.

What you need to improve.

What you want.

How you should communicate.

How you should present yourself.

And what you need to do moving forward.

OPTION 2: 8-WEEK 1:1 INTENSIVE: Online

The transformation journey

The 8-week online intensive is different because instead of concentrating everything into one immersive experience, we work together over an extended period of time.

This program is designed for the man who wants structure, consistency, accountability, and time to actually implement what we're working on.

You don't just learn something one day and move on.

You have time to take it into your real life, experience it, come back, discuss what happened, adjust, and continue improving.

HOW THE 8 WEEKS WORK

Each week has a specific focus.

We progressively work through different areas rather than trying to change everything at once.

Depending on your individual goals, we can work through areas such as:

WEEK 1: FOUNDATION

We establish where you are today.

We discuss:

- Your goals
- Your current lifestyle
- Your dating and relationship experiences
- Your communication style
- Your strengths
- Your weaknesses
- Your habits
- Your personal standards
- What you want to change

This gives us the foundation for the rest of the program.

WEEK 2: CONFIDENCE & PRESENCE

We work on how you carry yourself.

This includes:

- Confidence
- Presence
- Body language
- Self-awareness
- Social confidence
- How you enter a room
- How you interact with people
- How you present yourself
- Your image social media and dating profile

The goal is genuine confidence, not pretending to be confident.

WEEK 3: COMMUNICATION

We go deeper into how you communicate.

We work on:

- Conversation
- Listening
- Expressing yourself



- Difficult conversations
- Boundaries
- Emotional control
- Communication with women
- Handling disagreements
- Saying what you actually mean

This is about becoming a man who can communicate clearly without unnecessary games, confusion, or emotional reactions.

WEEK 4: DATING

We examine your approach to dating.

We can work through:

- Your standards
- What you're looking for
- Choosing the right woman
- Dating mistakes
- Red flags
- Green flags
- Intentions
- Attraction
- First impressions
- How you conduct yourself while dating

The goal isn't simply to get more dates.

It's to become better at choosing and navigating relationships.

WEEK 5: RELATIONSHIPS

We move beyond dating and talk about what happens once you're actually in a relationship.

We can work on:

- Emotional maturity
- Respect
- Boundaries
- Conflict
- Trust
- Communication



- Expectations
- Leadership
- Being a better partner
- Creating healthier relationship dynamics

Because getting into a relationship and maintaining a healthy relationship are two completely different skills.

WEEK 6: PERSONAL PRESENTATION & LIFESTYLE

We look at how you're showing up in the world.

This can include:

- Style
- Grooming
- Appearance
- Social presence
- Lifestyle
- Environment
- Hobbies
- Routines
- Personal standards
- The image you're projecting

We want your external presentation to reflect the man you're becoming internally.

WEEK 7: REAL-LIFE IMPLEMENTATION

This is where we take everything we've discussed and look at how you're actually applying it.

What is working?

What isn't?

Where are you still struggling?

What situations have come up?

What conversations have you had?

What have you learned about yourself?

We make adjustments based on your real experiences.

WEEK 8: THE NEXT LEVEL

The final week is about putting everything together.



We review:

- How you've changed
- What you've learned
- What still needs work
- Your biggest improvements
- Your remaining blind spots
- Your personal standards
- Your communication
- Your dating approach
- Your lifestyle

And most importantly, we create a clear direction for how you continue applying everything after the program ends.

SO, WHAT IS THE BIGGEST DIFFERENCE?

The simplest way to think about it is:

IN-PERSON = IMMERSION

You come to me.

We spend concentrated time together.

You receive direct, face-to-face coaching and real-time feedback.

We can work through multiple areas in an intensive environment.

It's designed for the man who wants a deep, focused experience.

ONLINE = IMPLEMENTATION

We work together over eight weeks.

You have time between sessions to actually apply what we're discussing.

You come back with real experiences, questions, challenges, and situations.

We adjust and build on your progress week after week.

It's designed for the man who wants a structured transformation with ongoing accountability.

WHICH ONE SHOULD YOU CHOOSE?

Choose the In-Person Intensive if you want:

- A concentrated experience
- Face-to-face coaching



- Direct real-time feedback
- A highly immersive environment
- Multiple areas addressed in a shorter period
- A personalized deep dive into your presentation, communication, dating, relationships, and lifestyle

Choose the 8-Week Online Intensive if you want:

- A structured eight-week journey
- Weekly progression
- More time to implement what you learn
- Ongoing accountability
- The ability to bring real-life situations back into our sessions
- Consistent guidance and adjustments
- A transformation that develops over time
- The flexibility of doing the program from anywhere

Neither option is “better.”

They are simply designed for different types of men and different ways of learning.

The question is whether you want to immerse yourself in the experience or work through the transformation week by week.

Either way, the goal is the same:

To help you become a more confident, intentional, well-presented, emotionally intelligent, communicative, and high-standard man, in your dating life, your relationships, your social life, and the life you’re building for yourself.

10 TYPES OF MEN I WORK WITH

1. THE MAN WHO WAS CHEATED ON OR RECENTLY DIVORCED

You were betrayed, cheated on, blindsided, or recently went through a divorce.

You may be struggling with:

- Trusting women again
- Understanding what went wrong
- Getting over your ex
- Dating again after a long relationship
- Knowing what you want in your next relationship
- Carrying resentment or hurt into new relationships
- Feeling like you can't let your guard down anymore

The goal: Heal from the experience, understand the patterns, and learn how to move forward without allowing your past relationship to control your future.

2. THE MAN WHO KEEPS CHOOSING THE WRONG WOMEN

You seem to end up in the same type of relationship over and over again.

You may:

- Ignore red flags
- Get attracted to unhealthy dynamics
- Choose chemistry over compatibility
- Become attached too quickly
- Stay longer than you should
- Wonder why your relationships always end the same way

The goal: Understand your patterns and become more intentional about who you choose.

3. THE MAN WHO IS IN A CONSTANTLY CONFLICTING RELATIONSHIP

You love your partner, but you're constantly arguing.

One disagreement turns into another.

You may struggle with:

- Communication
- Anger
- Defensiveness
- Misunderstandings

- Repeating the same arguments
- Knowing how to repair after conflict

The goal: Learn how to communicate and handle disagreements without constantly damaging the relationship.

4. THE MAN WHO DOESN'T KNOW WHAT WOMEN WANT FROM HIM

You genuinely want to be a good partner, but you feel like you're constantly getting it wrong.

You may think:

"What does she actually need from me?"

"Why does she feel like I'm not listening?"

"Why isn't what I'm doing enough?"

You want to understand women better without losing yourself in the process.

The goal: Develop stronger communication, emotional awareness, and relationship skills.

5. THE MAN WHO IS SUCCESSFUL BUT STRUGGLES IN LOVE

You may be successful professionally, financially, socially, or personally, but your relationships don't reflect the same level of success.

You know how to build a career.

You know how to make things happen.

But relationships feel much harder.

The goal: Bring the same intentionality, self-awareness, and discipline you have in other areas of life into your relationships.

6. THE MAN WHO IS SINGLE AND WANTS A SERIOUS RELATIONSHIP

You're tired of casual dating, situationships, or relationships that don't go anywhere.

You want something meaningful.

But you may not know:

- What type of woman is actually compatible with you
- How to date intentionally
- How to identify red flags
- How to communicate your intentions
- How to move from dating into a healthy relationship

The goal: Become more intentional about dating and building the type of relationship you actually want.

7. THE MAN WHO IS IN A GOOD RELATIONSHIP BUT KNOWS IT COULD BE BETTER

Your relationship isn't necessarily bad.

You love your partner.

But you know there are areas that could improve.

Maybe:

- Communication could be better
- You're emotionally disconnected
- The relationship has become routine
- You're struggling with intimacy
- You aren't showing appreciation enough
- You're having the same small conflicts repeatedly

The goal: Strengthen an already existing relationship before small problems become major ones.

8. THE MAN WHO STRUGGLES WITH CONFIDENCE AND PRESENCE

You may look successful on the outside but don't always feel confident internally.

This can affect:

- Dating
- Communication
- Social situations
- How you approach women
- How you handle rejection
- How you carry yourself

You want to become more confident without becoming arrogant.

The goal: Build genuine confidence, presence, self-awareness, and better social skills.

9. THE MAN WHO DOESN'T KNOW WHETHER TO STAY OR LEAVE

You're questioning your relationship.

Part of you wants to stay.

Another part of you wonders whether you're wasting your time.

You may be dealing with:



- Repeated problems
- Loss of connection
- Trust issues
- Different goals
- Constant conflict
- Uncertainty about the future

The goal: Step back from the emotions, examine the relationship honestly, and understand what needs to change before making major decisions.

10. THE MAN WHO KNOWS HE NEEDS TO LEVEL UP

This man may not have one major relationship crisis.

He simply knows:

“I want to become a better man.”

He wants to improve:

- Communication
- Emotional maturity
- Dating
- Relationships
- Confidence
- Personal presentation
- Social skills
- Lifestyle
- Self-awareness
- How he shows up for the people he loves

The goal: Become more intentional, confident, emotionally intelligent, and prepared for the relationship and life he ultimately wants.

WHO IS NM TALKS FOR?

You don't have to be going through a breakup.

You don't have to be single.

You don't have to be struggling in your relationship.

You might simply know that the man you are today isn't quite the man you want to become.

That's where the 1:1 Intensive comes in.



How It Works

I take a limited number of men at a time, because every client gets my full attention. Both programs are by application only, and a place depends on my availability.

1. Apply

Fill out a short application at nataliamaria.com/apply and tell me where you are and what you want to change.

2. Availability

I review every application myself. If I have space in your preferred option, we move to the next step.

3. A call to check fit

We talk by phone or video so we can both be sure this is the right fit before anything is decided.

4. Your start date

If it is a fit, we agree on a start date and I send everything you need to begin.

Investment and Next Step

The investment depends on the option you choose and is shared once we have confirmed it is a fit, so you are never asked to decide on a price before we have spoken.

Ready to work together?

Applications are reviewed in the order they arrive.

APPLY FOR 1:1

Frequently Asked Questions

Can a woman really coach me on this?

I can't tell you how to be a man. What I can give you is how a man comes across from where a woman sits, which is the one view you can't get on your own. I tell you what I notice, honestly and without games.

What if I'm not ready?

You don't need to be ready. You need to be honest about where you are. That is the only starting point I ask for.

Is this therapy?

No. This is private coaching on communication, dating, relationships, presentation and lifestyle. It is not therapy or medical advice. If you are struggling with your mental health, please also speak with a licensed professional.

Will this teach me to manipulate women?

No. I don't teach scripts or tricks. The goal is to help you become a man who knows who he is, what he wants and how he wants to conduct himself.

Can I promise myself a result?

I can't promise an outcome, and anyone who does is selling you something. What I can promise is honest feedback and clear things to work on.

Which option should I choose?

Choose the in-person intensive if you want immersion over 3 days. Choose the 8 week online program if you want time to apply what we work on and come back with real situations. Neither is better, they suit different men.

What if I need to reschedule?

Life happens. Tell me as early as you can and we will find a new time. Details are in your agreement.

Rescheduling, Cancellation and Refunds

Terms for rescheduling, cancellation and refunds are set out in your agreement and shared with you before you pay, so you know exactly what to expect before you begin.

APPLY FOR 1:1

