**Welcome to Sex and Relationship Coaching**

Welcome to sex coaching. I am so happy you have made the time and resources for me to be your guide and coach!

**What is sex coaching?**

It’s important to understand that sex coaching is not the same thing as therapy, or sex therapy. Sex coaching is about the you of today, and together, we can:

* Personalize sexuality information and education
* Help remove inhibitions and blocks to achieve full erotic flow
* Improve sexual skillsets and confidence
* Work with sexual issues such as erectile, orgasm, and desire issues
* Improve relationship intimacy and connectedness
* Help bring sex back into your relationship
* Repair erotic and trust injuries caused by infidelity
* Work with sexual expressions such as kink, fetishes, and different love styles

**How much does coaching cost?**

* Each session is $150
* Sessions include an action plan, with resources and/or at-home exercises. Action plans are emailed after the session takes place and act as a reminder for our work together, and the goals discussed.

**How do I pay?**

* Session are paid for prior to the scheduled day/time
* Payment is processed via Square, a credit card and signed credit card authorization is required

**How do sessions take place?**

* Sessions can take place according to your frequency/day/time needs
* Skype, Facetime, email, text, and phone are available options
* In-office sessions are available for local clients
* Sessions last anywhere between 50-60 minutes for individuals
* Reclaiming the Intimate We© sessions are 90 minutes

Thank you so much for choosing me as your coach. It is always an honor and privilege to be a co-traveler with my clients.

*Please sign and complete the below section indicating that you have read the welcome letter. Please note that sex coaching is available for individuals over the age of 18 years only.*

|  |  |
| --- | --- |
| Signature |  |
| Date |  |

|  |  |
| --- | --- |
| Phone |  |
| Email Address |  |
| Date of Birth |  |