



**SHERRI**  
**ELLIOTT-**  
**YEARLY**

Feel Divinely Sexy,  
Confident and live  
a Zensual Life!

Intimacy &  
Relationship  
Coach





# INTIMACY AND RELATIONSHIP COACH

Hi, I am Sher.

And I am here to help you heal and connect.

As your Somatica-trained Sex & Intimacy Coach, it would be a privilege (and a pleasure) to inspire and empower you to begin your very own self-love affair.

Let's work together so you can start living a life full of passion & zensuality!



## ABOUT ME

I am an International Coaching Federation (ICF) certified coach with over fifteen years of high-level executive coaching experience. As an Intimacy & Relationship Coach, I am also trained in both The Somatica® Method and Finding Peace in Relationships. I am also the proud owner and operator of a luxurious retreat nestled in the breathtaking beauty of Tulum, Mexico.

As an internationally published author with an extensive publication history, I am celebrated for delivering keynote motivational speeches and workshops on a wide range of topics.

My clients have described me as a sexual empowerment coach, trusted mentor, sex surrogate, and their best girlfriend.

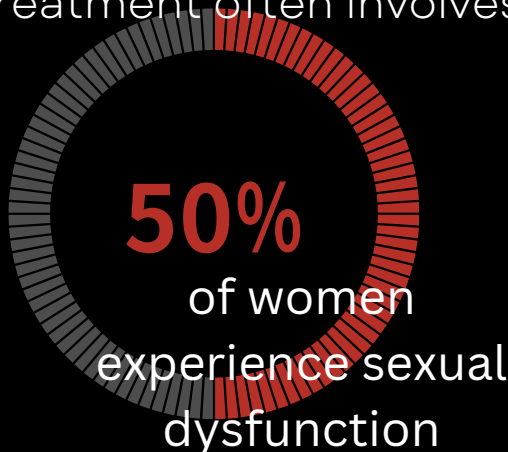


# INTIMACY & RELATIONSHIP COACHING FOR WOMEN

Seeking guidance for sexual dysfunction has become more acceptable in recent years, but asking for help can still be tough. I know this from personal experience. I didn't experience my first orgasm until I was thirty-eight years old. The idea of sharing this with my friends felt impossible, let alone considering professional help.

But rest assured! It's perfectly normal to feel self-conscious and timid. And sister, please hear me when I say: There is nothing inherently wrong with you. Your body is strong and beautiful, and you deserve to be respected, adored, and intimately pleased. (Go ahead. Read that again.)

Here's the deal. Intimacy is more than mere physiology. It also involves one's emotions, experiences, beliefs, lifestyle, and relationships. Disruptions in any of these areas can affect one's overall sexual desire, arousal, and satisfaction. As a result, treatment often involves both emotional and physical work.



\*according to Mayo Clinic research

As your sex coach, I will...

- Offer a supportive, judgment-free environment for you
- Help you address underlying emotional issues that may be holding you back
- Equip you with the tools necessary for managing physiological challenges
- Empower and encourage you to reach your goals



# COMMON SEXUAL DYSFUNCTIONS FOR WOMEN

**Loss of desire.** Many different factors, such as pregnancy, menopause, stress, diabetes, depression, hormone disorders, excessive alcohol and drug use, a previous traumatic sexual experience, and weight fluctuations can affect your sex drive.

**Difficulty achieving orgasm.** Orgasms are wildly complex reactions to physical, emotional, sensory, and psychological stimuli. Difficulties in any of these areas can have a significant impact on your ability to orgasm.

**Pain during sex.** Menopause, constricting of the vaginal walls, scar tissue from childbirth or an episiotomy, relationship problems, and previous traumatic sexual experiences are common causes of pain during sex for women.



# REQUEST A FREE 30-MINUTE DISCOVERY CALL



It can be lonely when you feel unable to share your intimate thoughts about your sexuality or relationship. Quite often, clients tell me they wish they had reached out earlier so they could feel as great as they do even sooner!

Whether you are a man, a woman, or a couple, if you are straight, gay, lesbian, bisexual, bicurious, pan or polysexual, or unsure, I am here to support you as you navigate your relationships and intimate connections.

Your turned-on, lit-up Zensual Life is within reach.  
Just give me a call.



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