



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.



WHY ZENUSUAL LIFE?

Not only do you deserve to have a flourishing sex life, but you also have the right to create a deep and intimate connection with yourself and your partner(s).

That's where I come in.

With my open-minded, holistic, body-based approach, you will be empowered to define and create your own Zensual Life. My goal is to help you improve how you communicate your sexual desires, address and work through intimate challenges, and strengthen your emotional connections. If you prefer a hands-on learning experience with another human being, I provide assistance in specific, therapeutic ways to help you build confidence and achieve your personal goals.

Let's get started today on building your new Zensual Life!



TOUCH & PLEASURE BASED COACHING

Wherever you are on your journey toward living a more fulfilling and passionate life, I can help you discover new methods of communication regarding your sexual preferences in order to achieve greater intimacy and happiness.

I can help get you started.

It is my distinct honor and privilege to offer a safe space where you can explore your desires by fully exploring and accepting who you are, at your core, so you can experience a passionate, pleasure-filled life.

As your coach, I use my body, emotions, and erotic energy to connect with you. Together, we will deconstruct each component of intimacy so you can experience, learn about, and practice them in your own intimate life.

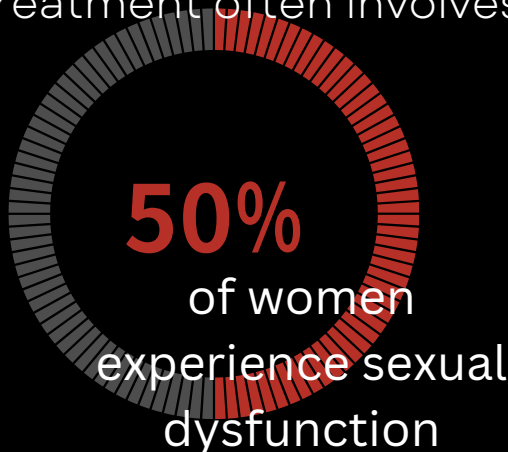


INTIMACY & RELATIONSHIP COACHING FOR WOMEN

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.



INTIMACY & RELATIONSHIP COACHING FOR MEN

Are you sexually frustrated?

Do you feel your relationship is beyond repair?

Has communication with your partner basically stopped?

Are you a recent divorcé and looking to reenter the dating scene?

Do you struggle with shame and performance anxiety?

Do you rely on pornography to find sexual release?

If you answered “yes” to any of these questions, sex and intimacy coaching can help.

Here’s how.

I offer a safe, judgment-free space for men to share their deepest desires and greatest fears. We talk through your sexual history, address current challenges, break down unhealthy stereotypes and stigmas, and foster a healthy self-image.

Many of my male clients are either married, single, in a committed relationship, and/or part of the LGBTQ+ community. And I have successfully helped my male clients with...

- Erectile dysfunction
- Premature ejaculation
- Delayed ejaculation
- Low sexual desire
- Deconstructing gender roles
- Bisexual exploration
- Healing from past trauma
- Addiction
- Understanding fetishes
- Infertility and adoption
- Parenting
- Conflict resolution

COMMON SEXUAL DYSFUNCTIONS FOR MEN



Erectile dysfunction. There are many physical and mental factors that can cause erectile dysfunction. With my Somatica training, I can provide you with specific tools to help you connect with your body and take the pressure off.

Premature ejaculation. “Coming before you want to” is often related to anxiety. Using breathing and physical relaxation techniques, I can help you sustain an erection longer and give you greater control over your ejaculation.

Low desire. Anxiety, depression, low testosterone, hormonal imbalances, age, and certain medications can affect your libido. I can work with you to discover what arouses you and encourage you to share openly with your partner(s).



INTIMACY & RELATIONSHIP COACHING FOR COUPLES

Interested in becoming more intimate and having the best sex of your life with your partner(s)?

If so, try couples coaching.

In these sessions, we will discuss your communication styles, discover what turns each of you on, and delve into your desires. I have successfully coached couples who were looking to resolve conflict, enhance connection, restore romance, try new things, and experience sexual liberation.

Common relationship challenges I have coached couples through include...

- Role-playing
- Reestablishing trust after an affair
- Exploring with others sexually, but one partner is not on board
- Coming out as LGBTQ+
- Spicing things up as tired, busy parents





IMMERSE YOURSELF IN THE ZENSUAL LIFE



LUXURY RETREATS

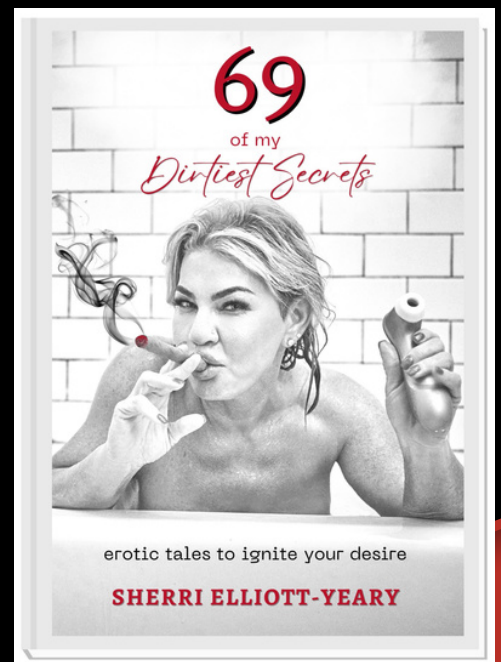
Immerse yourself in the Zensual Life amidst the breathtaking beauty of Tulum, Mexico.

Each retreat includes special attention to making sure each guest is comfortable and enjoys the peaceful, pure, and magical environment we strive to create.

MY NEW, STEAMY, TELL-ALL BOOK

Both my highly anticipated book, *69 of My Dirtiest Secrets: Erotic Tales to Ignite Your Desire* and the accompanying *69 Journal* are now available on Amazon.

It's the perfect gift for your significant other(s)...or for yourself!





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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