



Sex Talks<sup>with</sup>  
*Amanda*



Looking for  
answers?

# What is... **Sex** **Coaching?**

Sex Coaching is often about giving permission, offering education, and teaching specific exercises to improve confidence and competency in the bedroom.

I coach clients on matters of mixed libido and sexless couples, erectile dysfunction or unpredictability, sexual inhibition, confidence and body image concerns, as well as social/dating deficit issues.

 818-964-0963

 Thousand Oaks, CA

 [SexTalksWithAmanda.com](http://SexTalksWithAmanda.com)

 [Amanda@SexTalksWithAmanda.com](mailto:Amanda@SexTalksWithAmanda.com)



# About Me

My name is Amanda Vee and I offer one-to-one sex coaching from a fitness, health-conscious, female-empowerment perspective. I bring over a decade of experience and expertise as a Certified Life Coach, high level Fitness guru, Sex Coaching expert and womxn's advocate.

## My Services

I offer coaching, exercises, and resources to my clients to help them identify their sexual values, wants and needs, communicate those values with their partner(s), and feel competent about what they are doing in the bedroom.



### Individual Sex Coaching Single Session

A single, one-on-one, 60 minute session held via zoom with me guiding you on a path that we co-create to help you achieve sexual self-realization and to reach your stated sexual/relationship goals.



### Individual Sex Coaching Four Session Package

Four, 60 minute sessions held via zoom with me guiding you on a path that we co-create to help you achieve sexual self-realization and to reach your stated sexual/relationship goals.

Typically, sexual issues require more than a single session. This package allows for more time and attention to be focused on your area(s) of concern while honoring budgetary details.



### Couples Sex Coaching Six Session Package

Six, 60 minute sessions held via zoom with me guiding you both on a path that we co-create to help you achieve sexual self-realization and to reach your stated sexual/relationship goals.

All couples must meet with me together for Session 1, then separately in two individual sessions each (to review a Sex & Relationship history and receive individual coaching); then together as a team again.