

# Sex Coaching:

## *Extending Care Beyond the Exam Room*

Sex Coaching bridges the gap between medical care, therapy, and self-help.

Think of me as an *auxiliary service*, like a nutritionist or physical therapist on your referral list. When sex, intimacy, desire, or confidence concerns arise, I provide the education, exercises, and accountability that help your clients or patients thrive.

### *About Amanda Vee, ABS Board Certified Sex Coach and Sexologist:*

I specialize in rebuilding confidence, reducing shame, and strengthening communication. My approach blends a fitness- and health-conscious perspective with over a decade of coaching experience, supporting individuals and couples in all seasons of life.

### *How I Support Your Clients*

- **Normalize & Educate:** Reduce shame and confusion around sexual concerns.
- **Restore Confidence:** Support those navigating postpartum, menopause, or identity shifts.
- **Provide Practical Tools:** Address issues like libido mismatch, painful sex, orgasm challenges, or erectile unpredictability.
- **Strengthen Relationships:** Improve communication, connection, and pleasure.

### *Referral Options*

- **Single Sessions (60 minutes)** - Clarity, education, and one-time guidance.
- **4-Session Package (Individuals)** - Exploration patterns, goals, and confidence-building.
- **6-Session Package (Couples)** - Joint and individual sessions to rebuild connection.

*Refer a client or schedule a consult at:*

☎ 818-964-0963

📍 Thousand Oaks, CA

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SexTalks<sup>with</sup>  
*Amanda*