



Patricia

FOUNDER OF PLEASURELIT

QUALIFICATIONS & EXPERIENCE

- Tantra Practitioner & Sacred Sexuality Coach
- Somatic Sex Coach
- Trauma-Informed Coach
- Breathwork Facilitator
- Meditation Teacher
- Yoga Teacher (350hr)
- Kink, BDSM & Professional Dominatrix
- Pleasure Product Reviewer
- Content Creator
- Speaker
- Author
- Workshops, Events, Programs & Space Facilitator
- Podcast Host
- Reiki Master
- Personal Trainer & Fitness Master Trainer
- Nutrition Coach
- Sensual Dance Teacher
- Educational Trainer & Assessor
- Enrolled & Registered Nurse
- Recognise & Respond Appropriately to DV
- Work, Health, Safety & Return to Work Management
- Quality & Control Management
- Infection Prevention & Control Leader
- Business Management
- Bank Assistance Manager
- Backpacking, Farming & Hospitality
- Babysitter, Nanny, Children Camp Leader
- & more

Patricia is the founder of Pleasurelit®, mother, DV survivor, pleasure explorer, bestselling author of *The Pleasurelit Way*, creator of *The Pleasurelit Woman*, host of *Pleasurelit with Patricia*, and an award-winning educator in pleasure embodiment.

Pleasurelit® was born from Patricia's own lived transformation. She transformed from disconnected to feeling alive, deeply connected and deliciously turned on by herself and life itself.

She works with women who hold a lot, who are highly functional, run businesses, care for others, lead, but feel tense, tired, and disconnected underneath. Women who want more than survival. Women ready to embody *The Pleasurelit Woman*.

The *Pleasurelit Way* is Patricia's tantric somatic embodiment framework that supports women to expand their capacity for pleasure, so they live, love, and lead from within their bodies, without paying for it burnout, disconnection, or self-abandonment.

Patricia's approach integrates trauma-informed somatics, nervous system regulation, tantra, breathwork, kink, yoga, fitness, and embodied leadership. She has explored over 400 pleasure tools and countless practices, giving herself and other's permission to follow their body's curiosity. This isn't a trend for her, it's how she chose to navigate trauma, full-time single motherhood, and building a business from nothing.

Pleasurelit exists because Patricia knows what becomes possible when a woman expands her capacity to feel. She has walked this path herself—from survival mode to genuine self-love—and she is deeply devoted to supporting others in their own reclamation.

Speakings, Interviews, Podcasts

Patricia is available for keynotes, panels, podcast interviews and curated events.

Her work centres on Pleasurelit® Embodiment, a body-led approach to living, leading and relating without disconnecting from the body in the process. She speaks to women who hold a lot. Founders. Leaders. Mothers. Professionals. Women who function well on the outside, yet feel tense, disconnected, on autopilot or constantly on. Across all stages, Patricia reframes pleasure not as indulgence, but as capacity, the body's ability to hold aliveness, intimacy, money, visibility and success without bracing or burning out.

Her speaking is guided by two core pillars.

IDENTITY KEYNOTE: The Pleasurelit Woman

The Pleasurelit Woman: Living, Loving and Leading in a Pleasure-Led Body

This keynote speaks to the woman who is done abandoning herself to perform, achieve or hold everything together. Through story, somatic insight and embodied perspective, Patricia invites audiences to reconnect to the version of themselves who leads, loves and lives from within the body.

This talk can be tailored for the following spaces:

Lifestyle, Health & Wellbeing Spaces

The Pleasurelit Woman: Reclaiming Pleasure in a Full Life That Looks “Fine”

For women who are high-functioning yet tired, doing it all yet on autopilot, or successful yet disconnected.

Audiences leave with:

- A clear understanding of nervous system capacity and why “functioning well” can still feel empty
- Language for the tension and subtle bracing they’ve been carrying
- Practical tools to shift from autopilot into embodied presence — without abandoning responsibility or themselves

Business, Leadership & Work

The Pleasurelit Woman: Leading with Pleasure, Without Collapse

For founders, leaders and professionals who want to grow without sacrificing their body in the process.

Audiences leave with:

- Tools for embodied decision-making and regulation under visibility, pressure and growth
- Awareness of how bracing shows up in leadership and success
- A new understanding of how pleasure expands leadership capacity, creativity and clarity

Relationships, Sexuality & Intimacy

The Pleasurelit Woman: From Performance to Pleasure in Love and Sex

For women ready to move beyond pressure, pleasing or performance.

Audiences leave with:

- Awareness of where they’ve been pleasing instead of feeling
- Tools for embodied consent, receiving and deeper presence
- The capacity to hold pleasure and intimacy without shutting down or disconnecting

Speakings, Interviews, Podcasts

FRAMEWORK KEYNOTE: The Pleasurelit Way

The Pleasurelit Way: Awaken, Deepen and Widen Your Pleasure Potential

In this keynote, Patricia brings her bestselling framework, The Pleasurelit Way, to the stage — a tantric somatic embodiment approach designed to expand pleasure capacity. The Pleasurelit Way positions pleasure as the body's ability to hold aliveness, intimacy, ambition, support and success without bracing, burnout or self-abandonment.

Through story, somatic insight and structured teaching, Patricia guides audiences through the four Pleasurelit Pathways and their practical portals to pleasure, offering both perspective and applicable tools.

The Four Pleasurelit Pathways

1. **Pleasurelit Embodied Self-Care:** Awakening pleasure through unapologetic self-love, sensual nutrition, intuitive movement and embodied rituals that build nervous system stability.
2. **Pleasurelit Intentions & Mindfulness:** Deepening pleasure through presence, desire-led intention and conscious practices that shift survival into embodied leadership.
3. **Pleasurelit Connections:** Widening pleasure through communication, boundaries and nourishing relationships — with self, others, money and life.
4. **Pleasurelit Exploration & Play:** Expanding pleasure through curiosity, embodied consent, tantra-informed practice, desire and kink exploration.

What Audiences Experience

- Awareness of the survival patterns that limit pleasure, love, intimacy and success
- A structured framework they can apply across life, leadership and love
- Practical embodied practices and tantric somatic tools that expand pleasure capacity sustainably

This keynote can be tailored to emphasise specific pathways depending on the hosting space — from wellbeing and personal growth, to leadership and business, to relationships and intimacy.

Workshops

Bring Pleasurelit® Into Your Space

I offer embodied workshops and intimate group experiences grounded in Pleasurelit® Embodiment. This work is designed primarily for women who carry a lot of responsibility, hold everything together and desire to live, lead, and love from a body that feels nourished and resourced rather than overridden. These sessions are experiential, practical, and body-led. They meet women in the reality of their lives, businesses, and relationships, and support pleasure as a sustainable capacity rather than an occasional escape.

I work in workplaces, studios, community spaces, and private settings. Workshops are available in person or online.

Core Workshop **Pleasurelit® Embodiment**

Pleasurelit® Embodiment is the foundation of my work.

This workshop supports women to expand their capacity for pleasure, love, and wealth, so life, business and relationships no longer come at the cost of their body.

Participants explore pleasure as a lived, embodied capacity rather than something to earn, delay, or override. The work supports staying present with nourishment, softening chronic effort, and interrupting patterns of functioning on autopilot or disconnecting internally.

This workshop supports regulation, steadiness, and embodied presence within full lives and ongoing responsibility.

Common Workshop topics:

- Pleasure Embodiment in Real Life
- From Coping to Pleasure: Nervous system regulation that actually changes how life feels
- Pleasure as capacity in Leadership & work
- Embodied decision making: choosing from the body without self-abandoning
- Pleasure in Motherhood: staying connected to the body while holding others
- Cyclic Pleasure: living, leading and loving in alignment with your body's natural cycle
- Feminine Pleasure as Power: pleasure as a source of embodied power and self-trust
- Money, Growth & Visibility with Pleasure: How to stay regulated and connected while expanding
- Self-Pleasure as Nourishment
- Pleasure in Connections & Relationships
- Pleasure When Life Is Busy
- Embodied Consent: creating safety with the body
- Tantra, Sacred Sexuality and Conscious Pleasure
- Conscious Kink Exploration
- Breath as the portal to Pleasure
- Becoming Multi-Orgasmic: Pleasure, Presence and Capacity
- Pleasurelit Magick: Manifest Your Deepest Desires with Pleasure
- Rebuilding Body Trust After Stress, Burnout or Trauma: returning to sensation, safety and pleasure

Workshops

Common outcomes:

- more aliveness, sensation and pleasure
- more resourced with tools and practices
- deeper self-trust and self-connection
- guilt-free rest and nourishment
- greater steadiness under stress and responsibility
- more ease with success, money, and visibility
- a regulated nervous system that can hold more
- open to receive
- living, leading and loving more with pleasure

Suitable for:

Women's leadership spaces, founders and teams, educators, mothers' groups, carers, and wellbeing or community spaces. Mixed-gender groups are considered where the orientation of the work remains women-centred.

Intimate & Private Offerings

Sacred Pleasure & Embodied Intimacy

These are intentionally smaller, facilitated group experiences held in private homes or selected spaces for deeper exploration of connection, embodiment and relational pleasure.

Experiences may include:

- Somatic and sensual embodiment practices
- Breath and nervous system regulation
- Tantra-informed relational exercises
- Exploration of desire, boundaries and play

These spaces are relational, body-led, trauma-aware and consent based.

Offerings can be curated for:

- women-only circles
- couples and partners
- private groups seeking depth and intimacy

Logistics

Workshops typically run between 90 minutes to 3 hours, depending on the group, setting, and intention. In-person workshops are held onsite at workplaces, studios, community spaces, or private homes within the Sunshine Coast, QLD, Australia (travel by request).

Online workshops are facilitated live via Zoom, available internationally.

All sessions are offered on weekdays between 9am-2pm AEST.

Investment varies depending on format, length, and location.

BRAND OFFERS

Fees listed in USD

EMBODIED PODCAST RECOMMENDATION

\$350

Your product/service recommendation placed within a podcast episode (up to 60 seconds).

EMBODIED PREMIUM PRODUCT REVIEW

\$1000

Video Review, written Blog review, Email Newsletter, Social Media content, promotion

EMBODIED REVIEW BLOG

\$400

A written Review Blog post (about your product/service) on my website with Email Newsletter & Social Media promotion

EMBODIED EDUCATIONAL BLOG

\$300

A written educational Blog post (with your product/service recommendation) on my website with Email Newsletter & Social Media promotion

SOCIAL MEDIA REEL/POST

\$150/100

Social media reel/short video or post that can be posted to Instagram, Tiktok, YouTube, Substack notes

BRAND CONSULTATION

\$300

60 minute Zoom call to support your brand

FREELANCE CONTENT

custom

Written Blog posts, Masterclasses, and other creative content

Audience



US 57%
Europe 15%
Australia 11%
Canada 4%



Men 50%
Women 37%
Not specified 13%

20-30 years 47%
30-60 years 45%

Patricia is on multiple social media platforms, and after years of reviews, promotions, marketing and brand deals, the following are the most effective in creating revenue. Why? Searchable, long term content, link use, engaging, directly into their email → better conversion.

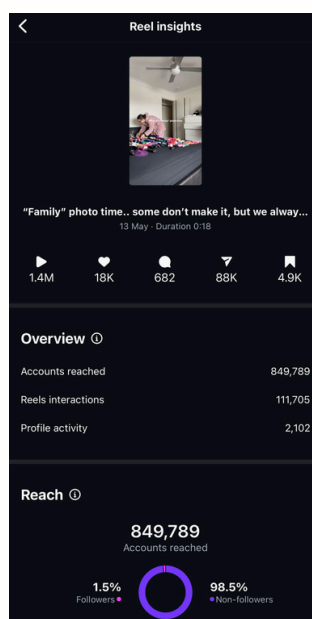
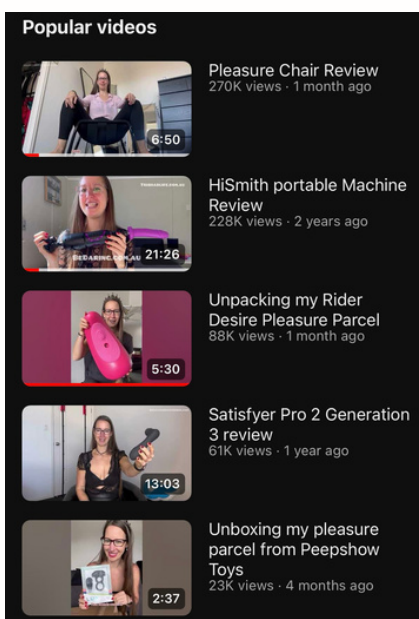
Pleasurelit with Patricia Podcast: Spotify Plays 111k and 669 Subscribers
Spotify Award 2025, top 5% worldwide

Pleasurelit with Patricia Substack Blog with Email List
Website Blog (Reviews & Educational)

Pleasurelit Reviews YouTube: 9.8k Subscribers
Pleasurelit with Patricia YouTube

other supporting social medias, including FB, IG, YT, TT etc. and personal websites available

Mission: As an authentic, holistic wellness & conscious pleasure educator and advocate helping others to improve their lives, I love sharing products and services that suit my audience's needs to create a pleasure embodied living. I will only recommend and share what I would personally use and love. My goal is to create meaningful long term collaborations that both help you and me.



Click conversation rate: 26.8%

Sales made for brands since 2022: \$21k, \$2.4k & more

Top Podcast episodes:

- How to flirt
- VVD RiderGo Review
- What are Love Languages for Pleasure

Testimonials

"I found the service from Patricia to be absolutely top-notch! The process was smooth and professional, and Patricia's approach made everything feel personal and engaging. I felt truly taken care of. What I liked most was Patricia's attention to detail and the incredible depth of knowledge she brought to her reviews. The way she highlights the unique features of each product is both thorough and captivating, making it clear that she puts a lot of care into her work. Honestly, there's nothing I didn't like. Everything was handled professionally, and Patricia's energy really shone through in every aspect of the service. Patricia is incredibly knowledgeable and professional, yet approachable and warm. She creates such a comfortable atmosphere that makes it easy to trust her expertise. Working with Patricia has been an absolute pleasure! She is highly professional, incredibly detailed, and brings a personal touch to every review. Her content is always engaging and reflects her passion for what she does. I highly recommend her for anyone looking for a top-notch reviewer who truly cares about delivering quality."

Viva Desire

"Patricia is very reliable with her timing. Doesn't take the briefs too literally and has a talent for achieving the perfect balance between what we need and what is organic for her and her page. It is easy to work with Patricia and she is reliable. It's all fantastic."

Just want to say thank you for being so great. I work with so many influencers at one time and finding people that are professional, friendly and reliable is a huge thing for me. I love working with you so far and am enjoying every minute of it."

Jason, aka Mother

"We are very satisfied. She created lots of amazing contents and post them on various of social media platform. And she responded very fast and always keep updates. Would recommend her."

Funzze

"Working with Tricia was an absolute pleasure and she delivered fantastic content for us, especially the videos. We loved the candid and informative videos and felt they were very well made. Very much knowledgeable and professional. Would recommend. Thank you Tricia."

Sextowels.com

Patricia is an honest and real reviewer. She is genuine in her review on what she likes or dislikes about a product. Patricia has been a pleasure to work with. She is professional and approachable and in my opinion is knowledgeable on her reviews. We are very grateful for the consistent support over the years.

BeDaring

Great review! Very proactive and enthusiastic and knows the industry well. It felt honest and authentic, not just "this product is great, go buy it". We strive for organic feedback and reviews whether it is good or bad or indifferent, and that's what Patricia provided. Patricia is absolutely professional, approachable & knowledgeable. Trisha provides a lot of continuous content and seems to really love what she does."

LELO

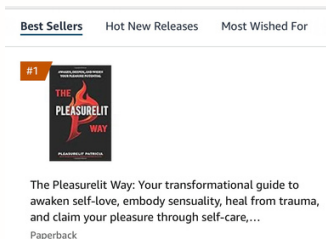
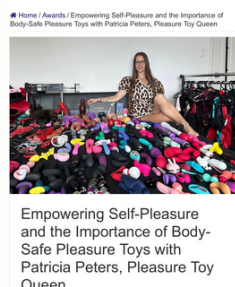
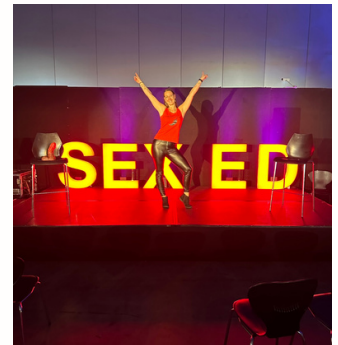
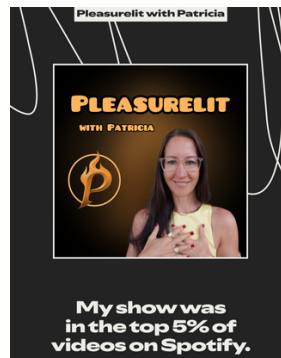
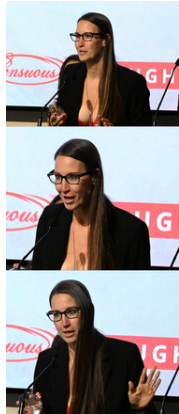
It's an absolute delight to collaborate with Patricia. Following our partnership, whenever a new product from our brand requires a review, Patricia will be our first choice now. The remarkable experience of our collaboration truly speaks for itself. From the outset, Patricia shared her comprehensive review plan, providing clear timelines that enabled us to organize our promotions seamlessly. True to her word, Patricia not only met but exceeded expectations by delivering her tasks punctually and exceptionally. Throughout our collaboration, her proactive follow-ups on the review process were truly invaluable, making the entire experience with her truly exceptional. Patricia can give the audience a clear understanding of the features and highlights of the product. Big thanks for your hard work! Your enthusiastic approach to reviewing our sex toys really gets us inspired."

Loli's Nook

"It was amazing. The details Trisha shared and her passion for reviewing new products! I liked every second of our collaboration. Would be better if the youtube video is linked in the instagram post caption. Patricia is very knowledgeable, approachable & professional. It was such a pleasure working with Trisha! She is passionate about her work, heartfelt, productive, reliable, and always delivers on time."

Arosum

Media & more



Dennis Brady

★★★★★ Verified Purchase

Pleasurelit Way.

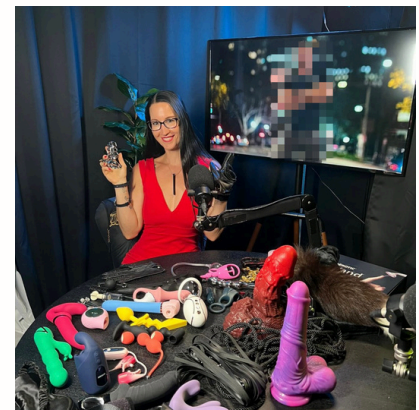
Reviewed in Australia on 7 September 2025

I was really amazed at Patricia's life experiences and what she has actually been through to get where she is today.

The book is based on real life experiences and her desire to live a better life. A life that brings her joy and happiness. The Pleasurelit Way. 😊

And throughout the book you are given tips and techniques on how to achieve your own Pleasurelit Life.

Do yourself a favour and grab a copy today.



Pleasure Toy Queen Scores Australian Adult Industry Award

Jun 19, 2024 3:49 PM PDT

LOS ANGELES — Pleasure Toy Queen Patricia Peters has nabbed the 2024 Australian Adult Industry Award for Best Journalist/Presenter/Blogger.

"No matter your relationship dynamic, gender or sexual orientation, you have the right to pleasure yourself, touch and play with yourself," said Peters. "Including pleasure toys and tools can widen and deepen your pleasure potential."

For a complete list of 2024 Australian Industry Awards Winners, click [here](#).

Follow [PleasureToyQueen](#) on X.com.

Danielle

★★★★★ Verified Purchase

Highly recommended read for any and every human!

Reviewed in Australia on September 1, 2025

Such a valuable read! I highly recommend. This book is full of wonderful reminders, and examples of, mindfulness, advice for slowing down smelling the roses and enjoying life more and how to cultivate more self love. The author Patricia shares valuably of her own life experiences and becoming more empowered - so inspiring.

