



# Patricia

FOUNDER OF PLEASURELIT

## ABOUT ME

### QUALIFICATIONS & EXPERIENCE

- Somatic Sex Coach
- 4+ years Pleasure Product Reviews
- Tantra Practitioner
- Trauma informed Coach
- Yoga Teacher (350hr)
- Breath work Facilitator
- Meditation Teacher
- Reiki Master
- Professional Female Domination/BDSM
- Sensual Dance Teacher
- Trainer & Assessor
- Nutrition Coach
- Personal & Master Fitness Trainer
- Quality Manager
- Business management
- & many more

Patricia is the founder of Pleasurelit®, a tantric somatic embodiment approach that supports women to expand their capacity for pleasure, so they live, lead, and relate from within their body, without paying for it with burnout, disconnection, or self-betrayal.

She is a mother, DV survivor, solopreneur, bestselling author of *The Pleasurelit Way*, the host of Pleasurelit with Patricia, and an award-winning educator in pleasure-based embodiment.

Patricia works with women who lead, create, care, provide, and ones who hold it all together. On the outside they might function well; on the inside, they may feel tense, disconnected, on autopilot, or constantly “on.” Through courses, facilitated spaces, and containers, she supports women to expand their capacity to feel, receive, and stay present, without collapsing, numbing, or losing authority.

As this capacity grows, women make embodied decisions, deepen relationships, and create sustainable success and wealth without sacrificing their bodies. Life reorganises around the body rather than at its expense.

Her work is grounded in nervous system regulation, breath, movement, tantra, somatics, sexuality, holistic health, and embodiment, so Pleasure becomes lit from within the body and not something reserved for rest, intimacy, or escape.

# Speakings, Interviews, Podcasts

Patricia is available for podcast interviews, panels, events and speaking engagements on topics including:

## For Lifestyle, Wellbeing, and Health Spaces

- Pleasurelit® Embodiment for Real Life - Living, working, and relating from the body
- From Coping to Capacity - Nervous system regulation that actually changes how life feels
- Building the Capacity to Hold Support, Pleasure, and Care - Why receiving feels hard, even when help is available
- Feminine Pleasure as Power - Pleasure as a source of embodied power and self-trust
- Rebuilding Body Trust After Stress, Burnout or Trauma - Returning to sensation, safety, and internal permission
- Pleasure Beyond Recovery - Why rest alone is not enough
- Cyclic Pleasure - Living, working, and relating in alignment with your body's natural cycles
- Pleasure in Motherhood and Caregiving - Staying connected to the body while holding others

## For Business, Leadership, and Workspaces

- Pleasure as Capacity in Leadership and Work - Why sustainable success depends on the body's ability to stay open under pressure
- How You Experience Pleasure Shapes Your Relationship with Money - Capacity, tolerance, and why growth often feels harder than struggle
- Holding Money, Growth, and Visibility Without Burnout - What happens in the body as success expands, and how to stay regulated
- Embodied Decision-Making Under Pressure - Leading and choosing from steadiness rather than urgency
- Nervous System Capacity for Ambition and Expansion - Why drive alone eventually fails, and what replaces it
- Embodied Boundaries at Work - Clear, grounded, non-defensive boundaries that don't require hardening
- Why High-Functioning Leaders Feel 'Fine' - And what shifts when the body is included again

## For Relationships, Sexuality, and Intimacy spaces

- Experiencing Pleasure in Connection - Staying in the body during closeness and intimacy
- Intimacy When Life Is Busy - Pleasure beyond performance and expectation
- Embodied Consent - Safety that deepens pleasure
- Pleasure as Relational Capacity - Why intimacy struggles are often nervous system struggles
- Tantra, Sacred Sexuality and Conscious Pleasure - Grounded, body-led, and integrated
- Self-Pleasure and Conscious Kink Exploration as Nourishment
- Becoming Multi-Orgasmic: Pleasure, Presence and Capacity
- Pleasurelit Magick: Manifest Your Deepest Desires with Pleasure

# Workshops

## Bring Pleasurelit® Into Your Space

I offer embodied workshops and intimate group experiences grounded in Pleasurelit® Embodiment. This work is designed primarily for high functioning women who carry responsibility and want to live, work, and relate from a body that feels resourced rather than overridden.

These sessions are experiential, practical, and body-led. They meet women in the reality of their lives, businesses, leadership, 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, and are offered weekday, school-hour friendly.

### Core Workshop

#### Pleasurelit® Embodiment

Pleasurelit® Embodiment is the foundation of my work.

This workshop supports high functioning women to expand their capacity for pleasure, love, and wealth, so life, work, and responsibility no longer come at the cost of the 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 focus areas include:

- pleasure as capacity and energy, not reward
- nervous system regulation in real life
- staying present with pleasure under pressure
- embodied boundaries and pacing
- pleasure in work, money, and visibility
- pleasure in life, motherhood, connection and relationships

Common outcomes people report:

- more aliveness and sensation
- deeper self-trust and self-connection
- guilt-free rest and nourishment
- greater steadiness under responsibility
- more ease with success, money, and visibility
- a regulated nervous system that can hold more aliveness

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

# Workshops

## Intimate & Private Offerings

### Sacred Pleasure & Embodied Intimacy

These are intentionally smaller, slower, and more personal group experiences held in private homes or selected spaces.

They offer deeper exploration of embodiment, pleasure, and connection in a carefully facilitated and contained setting. Depending on the group's intention, experiences may include somatic and sensual embodiment practices, breath, guided exploration, and tantra-informed work. Touch-based practices are included only where appropriate, always held with clear consent, choice, and pacing.

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

Offerings can be curated for:

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

All experiences are held with strong boundaries, consent clarity, and nervous system safety.

## Session Length & Format

Workshops are offered in person or online via Zoom.

Sessions typically run for 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.

Online workshops are facilitated live via Zoom and available internationally.

All sessions are offered on weekdays and during school hours.

## Investment

Workshops are offered at a base rate per session.

Investment varies depending on format, length, and location.

In-person workshops may include additional travel costs for locations beyond a set distance.

Patricia is located at the Sunshine Coast, QLD, Australia.

# 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, G-drive Content*

## 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.

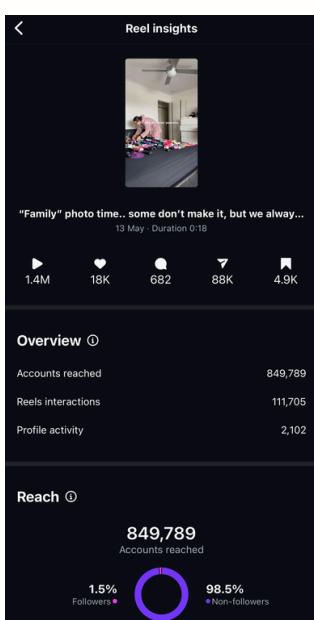
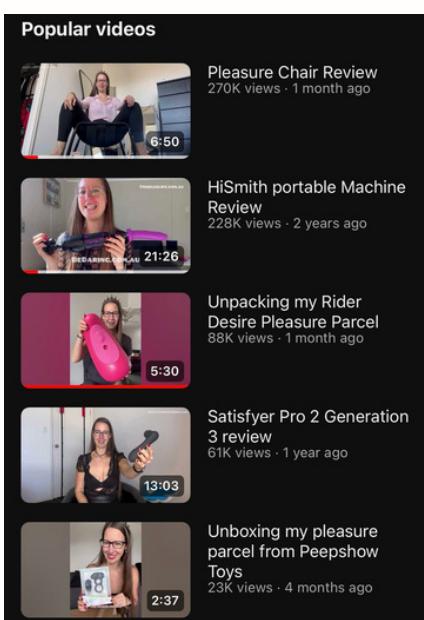
**Pleasurelit with Patricia Podcast:** Spotify Plays 111k and 669 Subscribers  
Spotify Award 2025, top 5% worldwide

**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

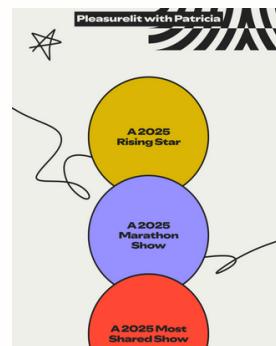
t's an absolute delight to collaborate with Patricia. Following our partnership, whenever a new product from our brand requires a review, Patricia will be our first choice now. The remarkable experience of our collaboration truly speaks for itself. from the outset, Patricia shared her comprehensive review 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 knowledge, 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



## Empowering Self-Pleasure and the Importance of Body-Safe Pleasure Toys with Patricia Peters, Pleasure Toy Queen



 Dennis Brady

5 ★ Verified

## 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](#).



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