

SPEAKING & PRESS KIT

Pleasurelit®

Patricia

Founder of Pleasurelit®

Somatic Pleasure Educator & Coach

Author · Speaker · Podcast Host

Top 5% Podcast Worldwide

Bestselling Author

Award-Winning Educator



ABOUT

From functioning to feeling through somatic pleasure.

Patricia is an ED & DV survivor, former nurse, mother, pleasure explorer, and an award-winning educator in somatic pleasure. She guides high-functioning women from stress and survival to embodying The Pleasurelit Woman - feeling alive, radiant, regulated and deliciously turned on - in life, business, motherhood and relationships.

Patricia is the founder of Pleasurelit®, the bestselling author of The Pleasurelit Way, and host of the top 5% podcast Pleasurelit with Patricia. Her trauma informed somatic pleasure alchemy approach blends nervous system regulation, tantra, sexuality, breathwork, yoga, meditation, identity shift, and feminine embodiment.

Pleasurelit is your pleasure lit from within.

TRAINING & CREDENTIALS

- Tantra Practitioner & Sacred Sexuality Coach
- Somatic Sex Coach
- Trauma-Informed Coach
- Breathwork Facilitator
- Meditation Teacher
- Yoga Teacher (350hr)
- Personal Trainer & Fitness Master Trainer
- Educational Trainer & Assessor
- Former Registered & Enrolled Nurse
- Reiki Master
- Nutrition Coach
- Award-Winning Pleasure Educator

SPEAKING & WORKSHOP

Book Patricia

Somatic pleasure expert for high-functioning women

Most high-functioning women have done a lot of work on themselves. They have read books, listened to podcasts, done inner work. But something still hasn't shifted. Because understanding lives in the mind. What they are missing is in the body.

Patricia brings somatic pleasure into the room - as a felt shift. Women leave her keynotes and workshops having noticed something different in their bodies. That is the difference between information and transformation.

From Functioning to Feeling **The Somatic Pleasure Keynote**

She is capable of everything. She has been running on that capability for so long that somewhere along the way, she stopped feeling. The restlessness. The quiet numbness underneath a life that looks fine. The sense that something is missing and she cannot name it.

This keynote names it. It traces the pattern back to where it begins, makes the case for why understanding alone will never be enough, and introduces somatic pleasure as the nervous system next level regulation and healing. Women leave with a name for what they have been carrying, a reframe that shifts something, and somatic pleasure practices that they can return to.

Women leave with:

- A new understanding of the pattern that have been running their life, business, motherhood and relationships
- Somatic pleasure as a physiological resource
- An understanding of what chronic high-functioning actually costs them
- Live somatic practices — something felt, not just heard
- A clear next step for women ready to go deeper

Suitable for: Women's events, wellness conferences, leadership summits, retreats, workplace wellbeing events, podcasts and panels.

Format: 20–60 minutes · In person or online · Adapts to audience context

The Pleasurelit Experience

A Somatic Pleasure Workshop

This is not a workshop where women sit, listen, and take notes. It is where they feel it.

Through guided somatic practices, breathwork, and embodiment work, Patricia leads women into direct experience. Insights stop being something understood and become something felt in the body. Women notice the shift in themselves between the first practice and the last. It is undeniable because they feel it.

The workshop begins in regulation, because that is where every woman in the room actually is. Slightly braced, slightly in her head, managing. Everything builds from there — through her nervous system, into sensation, into a genuine felt sense of what it means to be radiant, regulated, and deliciously turned on.

Women leave with:

- A genuine felt shift in their nervous system state
- Somatic practices they can return
- Recognition of what is possible through somatic pleasure
- A clear sense of what going deeper looks like

Suitable for: retreats, women's circles, mums groups, wellness studios, intimate corporate wellbeing events, private gatherings.

Format: 90 minutes · Up to 30 women · In person or online

BOOKING LOGISTICS

- Based on the Sunshine Coast, QLD, Australia
- Interstate and international travel by arrangement
- Online delivery available globally
- Weekday availability 9am–2pm AEST preferred
- A pre-event call is included with every booking to align on audience and context

Fees are discussed by email and vary based on audience size, format, and travel.

Book Patricia

Whether you are an event organiser, a workplace leader, a podcast host, or someone building a community space for women, Patricia is available for keynotes, workshops, panels, speakings and podcast interviews.

Email: pleasurelitmail@gmail.com

Patricia has been trusted on stage, in print, and on air.

PLATFORM & REACH

Credibility & Presence

STAGE & PRESS

LoveX Australia, 2024

Featured speaker on the Sex Education Stage at LoveX 2024, Australia's leading sexuality and lifestyle expo.

Sexual Health Magazine

Guest article contributor to a sexual health magazine as a trusted voice in pleasure education and embodied wellness.

Zalo Care

Guest content creator and contributor for Zalo Care, a leading international pleasure brand.

Press Features

Featured in press and media as an educator and advocate for pleasure-led living and high-functioning women's wellbeing.

PODCAST

111,000+

Total Spotify plays

Top 5% Spotify Awards

Worldwide ranking 2025

670+

Subscribers

OTHER PLATFORMS

Actively building across Instagram, YouTube, Facebook, TikTok, and Substack — aligned with the high-functioning women niche.

BOOK

The Pleasurelit Way

Bestselling · Print, ebook & audiobook

A somatic pleasure framework for awakening, deepening, and widening pleasure as a lived capacity.

SUGGESTED INTERVIEW QUESTIONS

1. You work with high-functioning women. Who is she really, and what does most of the world miss about her?
2. Why do so many successful women still feel disconnected, numb or quietly exhausted?
3. What is somatic pleasure, and why is it such an important missing piece in women's wellbeing?
4. Most people think nervous system regulation means calming down. Why do you say pleasure is the next level?
5. What happens in a woman's body when she has lived in stress and performance mode for years?
6. Why do women often repeat relationship patterns they consciously know are unhealthy?
7. You created Pleasurelit Alchemy. What is it, and how does it create real transformation?
8. What shifts first when a woman starts moving from functioning to feeling?
9. What is a Pleasurelit Woman?
10. What does it mean to be deliciously turned on by your own life?

pleasurelitmail@gmail.com
pleasurelit.com

Weekdays 9am-2pm AEST In-person Sunshine Coast QLD & Online internationally