

SPEAKING & PRESS KIT

Pleasurelit®

Patricia

Founder of Pleasurelit®

Tantra Somatic Pleasure Embodiment Educator

Author · Speaker · Podcast Host

Top 5% Podcast Worldwide

Bestselling Author

Award-Winning Educator



ABOUT

Patricia is a mother, ED & DV survivor, former nurse, pleasure explorer, and the founder of Pleasurelit®. She is the bestselling author of *The Pleasurelit Way*, host of the top 5% podcast *Pleasurelit with Patricia*, and an award-winning educator in tantra and somatic pleasure embodiment.

Through *Pleasurelit Alchemy*, her signature four-stage framework, Patricia guides high-functioning women to regulate, rewire, reclaim, and radiate, moving from survival mode and self-abandonment into a life that feels as good as it looks.

Pleasurelit integrates trauma-informed somatics, nervous system regulation, tantra, breathwork, yoga, health and embodied leadership. It is Patricia's lived path as much as her professional one. She walked this road herself, from the good girl who learnt to earn her worth, to the *Pleasurelit Woman* who leads from pleasure - feeling radiant, regulated & deliciously turned on.

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

This is not a talk about self-care.

It is a conversation about what happens to high-functioning women when they keep performing without returning to their body. And what becomes possible when they do.

The Talk

The Pleasurelit Woman

Patricia speaks to one clear audience, the high-functioning woman who is capable, driven, and quietly disconnected from her own body and life. Her talks are grounded in lived experience, somatic insight, and a former nursing background that gives the work clinical clarity. All speaking is tailored to the hosting context.

This is Patricia's signature talk. One message, delivered consistently, adapted to the room. It raises awareness around the cost of high-functioning, names what most women in that pattern have never had named for them, and opens a door to something different.

The talk moves through three things: the cost, the possibility, and a guided somatic practice so the audience does not just hear what is possible, they feel a small version of it in their own body before they leave.

Audiences leave with:

- Recognition of the high-functioning pattern and what it costs the body
- A reframe of pleasure as a physiological resource, not a reward
- A felt moment from the guided somatic practice
- A natural next step for women ready to go deeper

Tailored for: Workplaces & Leadership · Retreats & Summits · Women's Circles · Mothers Groups · Health & Wellness Spaces · Online Events · Keynote · Panel · Podcast Guest

The Workshop

Pleasurelit Alchemy

A taster of the four-stage Pleasurelit Alchemy framework: Regulate, Rewire, Reclaim, Radiate. Education and somatic practice are woven together throughout, not separated. Women notice the shift in their own body before and after each practice. The shift is undeniable because they feel it themselves.

The workshop begins in regulation, because that is where every woman in the room actually is. Slightly braced, slightly in her head, managing. You cannot rewire what has not first been made safe. Everything builds from there.

Audiences leave with:

- A genuine felt shift, not a concept but an embodied experience
- Understanding of nervous system regulation as the portal to pleasure
- Body mapping and self-consent practices to take home
- A taste of the full Pleasurelit Woman program

Runs 90 minutes to 3 hours. Available in-person on the Sunshine Coast, QLD, Australia (travel considered) and online via Zoom internationally. Weekdays 9am to 2pm AEST.

SUITABLE FOR

Workplaces & Leadership · Retreats & Summits · Women's Circles · Mothers Groups · Health & Wellness Spaces · Online Events

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

SUGGESTED INTERVIEW QUESTIONS

1. You work specifically with high-functioning women. What does that actually mean, and why are those women so hard to reach with traditional wellness?
2. Most women think pleasure means bubble baths or bedroom intimacy. What do you mean when you say pleasure is the key nutrient we are missing?
3. You have a framework called Pleasurelit Alchemy with four stages: Regulate, Rewire, Reclaim, Radiate. Can you walk us through what that journey actually looks like in a woman's body?
4. You say nervous system regulation is the portal to pleasure. What happens in the body when a woman is chronically high-functioning?
5. There is a version of success that looks great on the outside and feels empty on the inside. How do you describe that to a woman who has never had language for it?
6. What is The Pleasurelit Woman, and how is she different from the woman who is just trying to do more self-care?
7. You built Pleasurelit from your own lived experience. Can you walk us through your own story from a high functioning woman to the Pleasurelit Woman?
8. You were a nurse, a high achiever, a mother, studying over 21 certifications, someone who held everything together. When did you first realise that all of that functioning had actually disconnected you from your own body?
9. What does a woman's life look like on the other side of your work? What becomes possible when she stops performing and starts feeling?
10. You talk about being deliciously turned on by yourself and your own life. What does that actually mean and feel like, and how does a woman find her way there?

Book Patricia

Speaking · Workshops · Podcast · Events

pleasurelitmail@gmail.com
pleasurelit.com

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