

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

Somatic pleasure is your next level nervous system regulation and somatic healing. Patricia guides high-functioning women through her signature framework Pleasurelit Alchemy, so they can become The Pleasurelit Woman: feeling radiant, regulated and deliciously turned on.

Patricia is a mother, ED & DV survivor, former nurse, pleasure explorer with 400+ pleasure tools and practices, and an award-winning educator in somatic pleasure. She is the founder of Pleasurelit®, the bestselling author of The Pleasurelit Way, and host of the top 5% podcast Pleasurelit with Patricia.

Pleasurelit is a trauma informed somatic healing approach using somatic pleasure, nervous system regulation, tantra, breathwork, yoga, somatic movement, meditation, and embodiment to guide high-functioning women from survival into feeling - in life, business, motherhood and relationships.

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

She is capable, reliable, and held together. She gets things done and keeps everyone moving. But inside, there is a tension she cannot name — a flatness where aliveness used to be, a body she manages rather than inhabits, a life that looks right and feels like not quite enough.

She is not burned out. She is high-functioning. And that is a different thing entirely.

Patricia speaks to this woman. She names what most women in this pattern have never had named for them. And she does not just talk about it — she creates a felt shift in the room, so the audience leaves with something they can feel in their body, not just carry in their head.

Pleasure is the next level of Nervous System Regulation

Most high-functioning women have learnt to cope very well, but they don't feel radiant, regulated or alive in their body, life, business, motherhood or relationships. In fact, if they keep pushing through, living on autopilot, overriding themselves, it will cost them and everyone around them.

Pleasure is the next level of nervous system regulation. Pleasure is a physiological resource that changes how the nervous system operates, how a woman leads, relates, creates, and lives.

It is grounded in Patricia's nursing background, her somatic training, and the decade she spent walking this road herself. It is honest, embodied, and built to land in the body — not just the mind.

Women leave with

- A name for the pattern they have been living inside
- A solution and reframe of pleasure as a physiological resource, not a reward
- Understanding of what chronic high-functioning actually costs the body
- A live somatic practice moment — something felt, not just heard
- A clear next step for women ready to go deeper

Pleasurelit Speaking for High-functioning Women

Every topic below speaks to the same woman — the high-functioning woman who is capable on the outside yet disconnected on the inside. Each one is a different door into that conversation, shaped for a different hosting context. Patricia adapts her language, depth, and emphasis to the room. The core message is the same.

All talks include a live somatic practice moment. The audience feels something before they leave.

The Speakings are suitable for: workplaces, leadership events, retreats, women's summits, trauma informed spaces, personal development events, women's circle, mother groups, relationship & intimacy spaces, yoga, health, wellness, somatic, spirituality & sexuality spaces.

The High-Functioning Woman — Patterns, Cost & What Becomes Possible

Names the high-functioning pattern clearly and honestly — what it looks like, what it costs the body over time, and what opens up when a woman stops performing and starts feeling. The talk most organisers reach for first.

The 3 Inner Child Patterns That Create the High-Functioning Woman

Traces the pattern to where it begins. Three early survival adaptations that become adult operating systems — what they look like in daily life, what they cost in relationships, business and the body, and how a woman starts to move out of them.

SPEAKING

Why High-Functioning Women Keep Attracting the Same Men

The nervous system, attachment, and the high-functioning pattern. Why the same relational dynamics keep repeating and what actually shifts the cycle.

Out of the Mind and Into the Body — Tantra Somatic Embodiment

What tantra and somatic embodiment actually are, why thinking your way through healing has limits, and what becomes available when a woman stops analysing her experience and starts inhabiting it.

Pleasure Is the Next Level of Nervous System Regulation

Beyond calm and functional — the physiological case for pleasure as a resource, not a reward. What it means to be regulated, resourced, and genuinely turned on by your own life, and how a woman finds her way there.

In-person on the Sunshine Coast, QLD (travel considered). Online internationally. Weekday availability 9am–2pm AEST.

The Pleasurelit Experience

This is not a workshop where women sit, listen, and take notes.

It is where they feel it.

Through guided somatic practices, breath, tantra and embodiment work, Patricia leads participants into direct experience where insights stop being something understood and become something felt and integrated in the body. Women notice the shift in themselves between practices. 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. You cannot open what has not first been made safe. Everything builds from there — through the nervous system, into sensation, into pleasure, into a felt sense of what it means to be radiant, regulated, and fully alive.

Education and somatic experience are woven together throughout, not separated. This is not theory followed by a practice. It is both at once.

Women leave with

- A genuine felt shift as a lived experience in the body
- Awareness of their own patterns in real time
- Practical somatic tools to return to in daily life
- A nervous system that is more regulated, open, and responsive than when they arrived
- A taste of what is possible as the Pleasurelit Woman

Available as 60–90 minute sessions or half-day experiences. In-person on the Sunshine Coast, QLD (travel considered). Online internationally. Weekday availability 9am–2pm AEST.

The workshop is suitable for: workplaces, leadership events, retreats, trauma informed spaces, personal development events, women's circle, mother groups, relationship & intimacy spaces, yoga, health, wellness, somatic, spirituality & sexuality spaces.

Additional Offering

Private & Intimate Circles

Alongside public speaking and workshops, Patricia facilitates smaller, intentional group experiences for deeper exploration of embodiment, connection, and relational pleasure.

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. There is a version of success that looks completely fine from the outside. What is actually happening inside the woman living it?
3. Most people think of nervous system regulation as getting calm. You say pleasure is the next level of that. What do you mean?
4. What actually happens in a woman's body when she has been high-functioning for years? What is the cost she is not aware of yet?
5. Most women think pleasure means a massage, a glass of wine, or something in the bedroom. What do you mean when you say pleasure is the key nutrient we are missing?
6. You have a framework called Pleasurelit Alchemy — Regulate, Rewire, Reclaim, Radiate. Can you walk us through what that actually feels like in a woman's body as she moves through it?
7. You talk about high-functioning women repeating the same relationship patterns — attracting the same kind of men or ending up in the same dynamics. Why is that?
8. You speak about three inner child patterns that create the high-functioning woman. Can you walk us through those and what they look like in a grown woman's daily life?
9. What is the Pleasurelit Woman and how is she different from the woman who is just trying harder at self-care?
10. You talk about being deliciously turned on by yourself and your own life. What does that actually feel like and how does a woman find her way there from where most of them are starting?

Book Patricia

Speaking · Workshops · Podcast · Events

pleasurelitmail@gmail.com
pleasurelit.com

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