



Intimacy Coach
International



Accelerated Training with Intimacy Coach International

ADD AN INTIMACY COACHING
CERTIFICATION TO YOUR
PRACTICE/BUSINESS IN 9 WEEKS!

WHO IS THIS ACCELERATED COURSE FOR?



We have successfully trained Intimacy Coaches Internationally for over 11 Years, and were the **original** Holistic **Intimacy Coaching** Training...

Attitudes towards intimacy, relationships and somatic understandings of the nervous system and relevant impacts on health and wellness have been growing and shifting exponentially. Many coaches, therapists, psychologists and other wellness practitioners are expanding into **teaching real understandings of pleasure and intimacy within somatic relationships** in addition to the work they already do, without becoming full time Intimacy Coaches

This is why we are offering the **accelerated training for Foundation Certificate over 9 weeks**, to quickly and effectively add this modality to your practice

Anne-Marie, Tim & the ICI Team

GOT QUESTIONS BEYOND THE BROCHURE? WANT TO CHAT?

[BOOK A QUICK CHAT HERE](#)

ACCELERATED FOUNDATION COURSE OVERVIEW



LESSON INTRODUCTION



LESSON 1

PERSONAL JOURNEY

Your personal journey with intimacy and relationship, releasing your blocks and how to teach this to clients



LESSON 2

CO-REGULATING THE NERVOUS SYSTEM

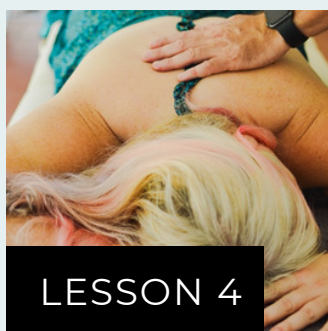
Learning about the nervous system, pleasure & communication



LESSON 3

INTIMACY ISSUES

The biggest intimacy issues and how to repattern sexual problems/traumas & patterns



LESSON 4

THE SENSUAL ARTS

Confidence in Intimacy and Somatic Relationships



LESSON 5

TANTRA & TAOIST SEXUALITY

Connecting Spirituality & Intimacy in a bespoke way for clients



LESSON 6

DESIGNING BESPOKE INTIMACY COURSES

How to use an individual approach with differing belief systems & intimacy

LESSON 1 - FOUNDATION 1



The personal journey

Very few people, including life coaches & psychologists have the intimacy journey completely clear of fear, guilt and shame.

This first Foundation Lesson focusses on where our sexual beliefs come from, what we've encountered personally on our intimacy journey, how to expand into holistic and embodied intimate practices within our own lives, belief systems and relationship designs/structures

The recording of this module will be available a few days after the live event in case you can't make the call.

Authentic Teaching

Arises from personal journeys, and empathy towards this within relationship and within life path structures.

The world of dating, relationships and conscious sexuality has changed significantly in the last 10 years, and designing new personal paths as well as creating bespoke approaches for our clients is becoming more and more valuable

With Holistic Intimacy, there really isn't a one size fits all approach. It depends where you live in the world, what your belief systems look like, do you have small children, are you going through a huge life change?

Intimacy, sensuality and sexuality adapt and grow in our relationship to ourself as well as to others.

The personal journey helps us before we begin to help others on their journeys.

LESSON 2 - FOUNDATION 1

The Nervous System

The impacts of stress, anxiety, trauma and adrenaline on intimacy are huge and varied, so learning how to co regulate the Nervous System in preparation for pleasure and intimacy is often not something we learn organically on the relationship or intimacy personal path!

Breathwork, gentle somatic practices, Conscious Touch and eliciting oxytocin, the connection chemical are all easy and gentle paths to share with clients, to ease into Sense You Wellness

Bliss and Relaxation

When intimacy and sensuality shift somatic sexuality into a new dimension, so much more is possible!

Learning different somatic approaches to clients regulating their nervous systems, relaxing the Pelvic Floor and learning how to receive and give pleasure within a co regulated nervous system helps with moving pleasure into a new level of enjoyment, improves libido & increases orgasmic potential for humans!



LESSON 3 - FOUNDATION 1

The Most Common Intimacy Issues

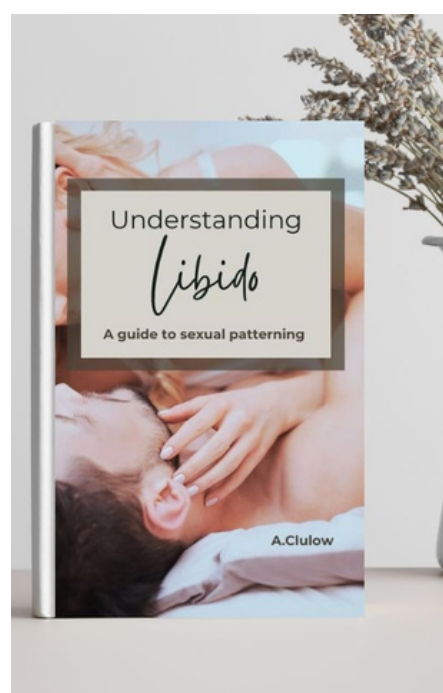
Nearly every client will have one of the most common issues that we assist with as Holistic Intimacy Coaches so we will go through what these are, when you need to refer out to a medical professional, and what is possible for your clients through holistic intimacy coaching with the relevant issues.

This includes libido, menopause, midlife, fertility, affairs, sexual fantasy, erectile issues, sexual confidence, fear/shame/guilt issues and some work around pornography/betrayal/relationship design.

Helping your clients to not feel alone...

Often, clients will only seek out an Intimacy Coach or get help when they are in crisis!

Knowing about the scale of what “normal” is, the issues most people face at some point in their intimate lives, as well as having practical somatic and holistic methodologies to approach these issues is where we can really help our clients!



LESSON 4 - FOUNDATION 1



The Sensual Arts - Confidence with Intimacy & Sensuality

This is an important part of building your clients confidence, is actually knowing how to touch, what Conscious Touch looks like and learning about sexual techniques, comfort, integration and expanding upon pleasure in an intimate relationship.

You can learn more about our approach to Sacred Intimacy here with this [talk recording](#).

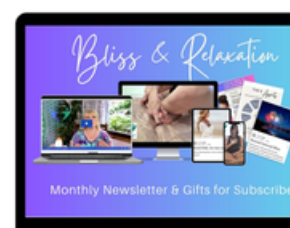
Using the material for workshops & retreats

The Sensual Arts can be taught in a myriad of different ways!

From integrating them into your own intimate life to teaching at workshops and retreats, this practical knowledge is often life changing within intimate relationships and ones' own relationship to pleasure



Create With Us



LESSON 5 - FOUNDATION 1

Neo Tantra & Taoist Sexuality

This is an introduction to these principles, not as religious belief or set precepts, but as doorways to understanding these techniques, how they can expand pleasure and intimacy.

How to approach these topics and integrate the teachings as part of individual courses, and where this work will hold the most efficacy in your individually designed business.

Using what resonates...

These techniques have been around for thousands of years (and some are relatively “new”) as the human body and sexuality has been around for thousands of years!

It's lovely to have a foundation in this for curious clients who may want to expand upon their sacred sexuality or related practices.



LESSON 6 - FOUNDATION 1



The Personal & Bespoke Approach

With intimacy coaching, the best approach is often an individual one, as not every practice will benefit every issue.

This module will teach you how to design individual courses for your clients for maximum comfort and efficacy, working in alignment with their belief systems, their experiences and your personal scope of practice when working with intimacy & somatic relationships.

Resources & Templates

We will also gift you some customisable templates to use to design courses and sessions for your clients, helping them achieve their goals and implement the teachings easily!

You'll also be able to access our live classes and talks for Intimacy Coaches until Nov 24



Want to ask a question? See if this is right for you?

[BOOK A QUICK CHAT HERE](#)

YOUR INVESTMENT:
\$1997 (US)



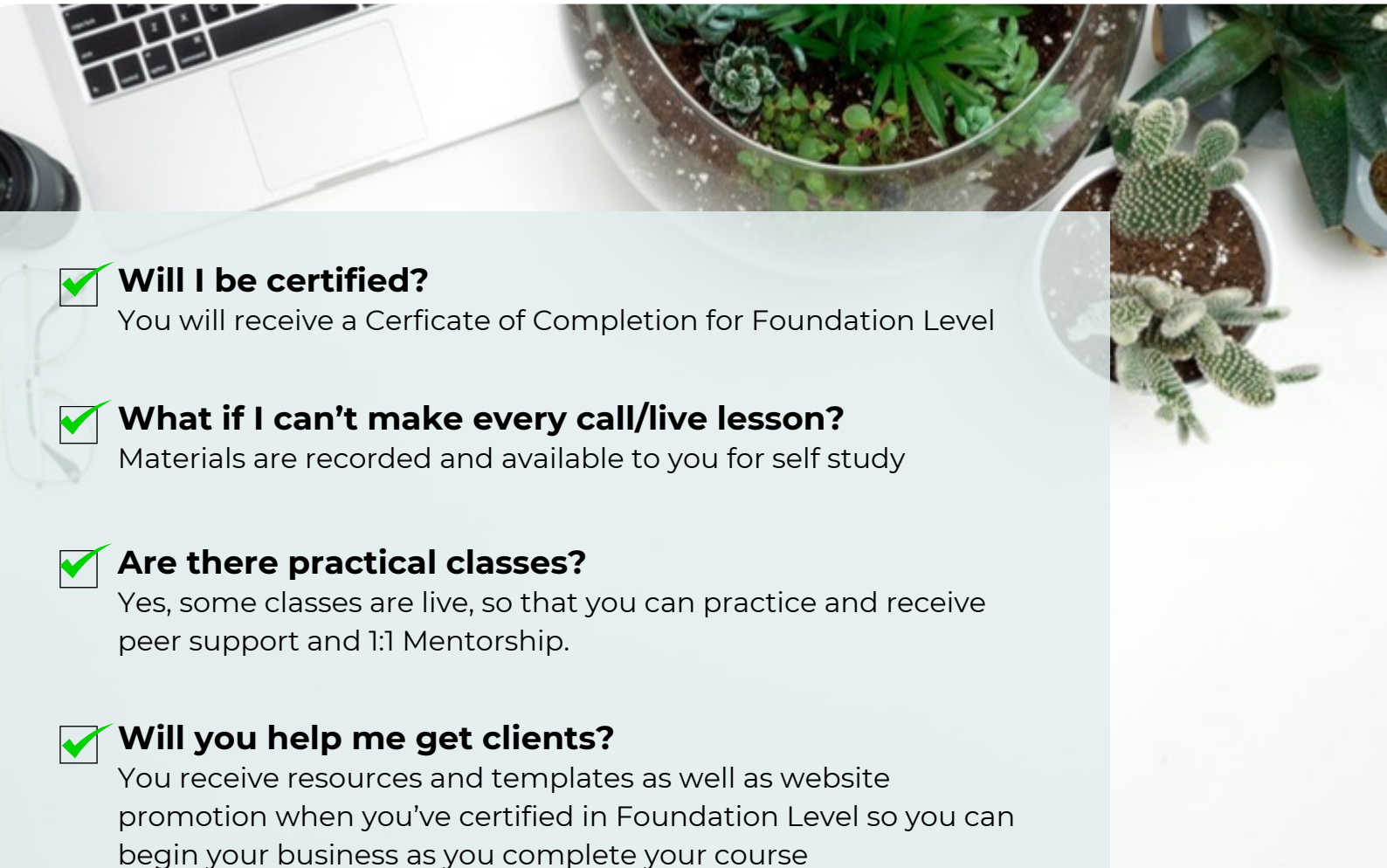
YOUR INVESTMENT INCLUDES:

- **CERTIFICATE OF COMPLETION** FROM INTIMACY COACH INTERNATIONAL
- SELF STUDY **RECORDINGS OF ALL MATERIAL** IF YOU CAN'T LIVE CLASSES
- ACCESS TO **INTIMACY COACH MASTERCLASSES** FOR 9 WEEKS
- **RESOURCES & TEMPLATES** FOR YOUR BUSINESS
- **3 LIVE CLASSES** VIA ZOOM WITH ACCESS TO Q & A
- **DISCOUNTED ACCESS** TO THE FULL REGISTRATION COURSE (INTERMEDIATE & ADVANCED) PLUS REDUCED RATES ON RETREATS

Want to ask a question? See if this is right for you?

[BOOK A QUICK CHAT HERE](#)

FREQUENTLY ASKED QUESTIONS



☒ **Will I be certified?**
You will receive a Certificate of Completion for Foundation Level

☒ **What if I can't make every call/live lesson?**
Materials are recorded and available to you for self study

☒ **Are there practical classes?**
Yes, some classes are live, so that you can practice and receive peer support and 1:1 Mentorship.

☒ **Will you help me get clients?**
You receive resources and templates as well as website promotion when you've certified in Foundation Level so you can begin your business as you complete your course

☒ **Do I have to start at a set time and date?**
No, you'll have access to self study materials and can take 3 live classes from our selection of events.

☒ **What if I have a question that's not here**
You can book a quick chat with us on the link below, or contact us on the Sense You Wellness business What's App +27 73 539 4723

[BOOK A QUICK CHAT HERE](#)

IS THIS WHAT YOU'VE BEEN LOOKING FOR?

READY FOR THE NEXT STEPS?



Email us: info@blissandrelaxation.com
to secure your place

Want to ask a personal question?

[BOOK A QUICK CHAT HERE](#)