

Lydia M. Bowers

sex education from birth to adulthood & empowerment for reclaiming pleasure

Family & Sexuality Coach

Lydia's passions in sex education and advocacy include filling in the gaps that traditional sex education missed, and helping those affected by trauma, shame, or painful experiences to reclaim pleasure for their bodies.



Coaching available for:

Family Coaching

Families who want to have open, honest conversations about sexuality and aren't sure how to do it. Coaching topics include:

- Helping children to understand consent
- Shame-free conversations about bodies & sex
- Understanding childhood sexual development
- Specializing in birth to age 8

Sexual Pain

You've been experiencing sexual pain, and may be receiving therapy or medical care of some kind, but still feel alone and need some ideas on real-life practical strategies for reclaiming pleasure. Coaching topics include:

- Troubleshooting for common problems: vaginal dryness, hygiene, anxiety
- Thinking creatively to experience pleasure
- Tips for exploring pleasure solo or partnered

Sexual Shame

Did you receive childhood messages that sex or pleasure are things to feel guilty for? Does shame or guilt inhibit your ability to physically connect with a partner, or feel relaxed and comfortable with sex?

Coaching topics include:

- Overcoming sexual shame
- Source of negative religious messages on sex
- Resources, including therapists, for addressing sexual trauma or abuse

Lydia is...

...a sexuality educator and Pleasure Professional with O.School, a pleasure-focused, trauma-informed online platform for free sex education, and an instructor with the University of Cincinnati Community program. She is an ambassador for the American Sexual Health Association and creator of their *Askable Parent* curriculum. She is also a Show Your Love ambassador with the Preconception Health & Healthcare Initiative.

\$30/half an hour

\$50/hour

Fee includes Skype or Zoom coaching sessions, and follow-up email with applicable resources.

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As seen in:

COSMOPOLITAN

HUFFPOST

O.school

Company and organization consulting available. Contact me for rates.
Visit my website for additional workshops, live streams, and events.

www.lydiambowers.com