

GUEST SPEAKING &  
TEACHING GUIDE



[WWW.ELEANORHADLEY.COM](http://WWW.ELEANORHADLEY.COM)

# Contents Page

About Eleanor	3
Partner with Eleanor	4
Aligning our Values	5
Areas of Expertise	6
Topics of Discussion	7
Workshop Menu	8
Sensualista Flow	9
The Art of Sensual Movement	10
Sex School	11
The Art of Seduction	12
Sensual Immersion	13
The Art of Connection	14
Cyclical Self-Care	15
Featured In	16
Testimonials	17
Get in Touch	20

# About



Eleanor Hadley is a Sensuality Coach, Sex Educator and Founder of *Sensualista Flow™*.

Through 1:1 coaching, group programs, retreats, workshops and speaking, Eleanor helps women reclaim their inner sensualista so they can develop a deep appreciation for their bodies, have mind-blowing sex and soulful, connected relationships.

Eleanor believes that sensuality is the missing key to cultivating deeper connection - with yourself, your body, your pleasure and with your loved ones. She has supported women around the world to finally channel their feminine essence to create super turned on lives of ease and flow.

On [\*The Sensuality Academy Podcast\*](#) Eleanor shares juicy gems from her own life, stories of clients' success along with tangible techniques to help you discover your sense of self-love, cultivate self-intimacy and boost your self-esteem.



# Aligning our Values

As a white, cisgender, able bodied, neurotypical, slim and femme-presenting woman I acknowledge my privilege and I am committed to creating accessible and inclusive spaces for people of all genders, sexualities, abilities & income levels as well as cultivating spaces for black, indigenous & people of colour along with the LGBTQIA+ community to feel welcome.

My workshops, while focusing on the feminine energy, are open to all identities. I strive to use inclusive language and examples when teaching to ensure all feel represented in my classes.

To ensure accessibility, I endeavour to set aside a couple spaces for those experiencing financial hardship or other circumstances which may prevent them from attending .

It is important that our values align, if we are to partner together.

I would like to acknowledge the traditional custodians of the land on which we stand and teach upon, and I pay my respects to their elders , past, present & emerging.



# Partner with Eleanor

.....  
*Your Sensuality Specialist*

## *Guest Speaking*

If you're hosting an event, Eleanor is available for speaking opportunities.

See pages 5 and 6 for Areas of Expertise and Topics of Discussion that may be the perfect fit for your next event!

## *Guest Teaching*

Book Eleanor to teach in your group coaching program, membership or course to provide your students with an expert view on sensuality, sexuality, pleasure, menstrual cycle awareness or relationships & communication.

## *Workshops*

Choose from a selection of workshops to open up your audience to the worlds of sensual movement, sacred sex and seduction through Eleanor's popular signature workshops. See page 7 onwards for more details.

*\*All available in person & online*



# Areas of Expertise

## *Specialising in:*

- Sensuality & Slow Living
- Sexuality, Pleasure & Orgasms
- Body Confidence & Self-Love
- Embodiment & Movement
- Femininity & Feminism
- Menstrual Cycle Awareness
- Relationships & Communication



# Topics of Discussion.....

## *Explore topics such as:*

- How to Give an Empowered Lap Dance
- 8 Ways to Feel More Sensual Everyday
- 'Gourmet Sex' VS 'Snack Sex'
- The 6 Keys to Sensual Sex
- Unlocking Female Orgasms
- Prioritising your Pleasure
- How to Talk About Sex with a Partner
- Polarity: Unlocking Delicious Sex
- Spiritual Bypassing & Sexuality

Choose from some of Eleanor's favourite topics to discuss, or reach out to craft a conversation that your audience will love.

Explore more topics that Eleanor is passionate about on the podcast:

*The Sensuality Academy*



# Workshop Menu



## *Explore available workshops:*

- *Sensualista Flow™*
- The Art of Sensual Movement
- Sex School
- The Art of Seduction
- Sensual Immersion
- The Art of Connection
- Cyclical Self-Care



# Sensualista Flow™

1 – 1.5 hrs

*Sensualista Flow™* is a grounded embodied movement practice designed to get you out of your head and in to your body. Set in ambient lighting to sexy RnB & Neo-Soul music, this class will have you feeling like a total seductive goddess.

Creating a sacred, safe space I guide my students to explore grounded, sensual movements to truly embody their femininity, culminating in a freestyle component.

This practice allows students to freely express themselves and learn new ways to move their bodies, with an emphasis on how they feel as opposed to how they look or what they can do.



*\*available in person & online*



# The Art of Sensual Movement.....

2hrs +



This grounded, floor-based class is inspired by exotic feminine floorwork and the introspective elements of yoga.

You'll learn sexy moves with focus on embodiment. No perfection or comparisons here - this class is about luxuriating in your body and your movement.

Complete with a ~75min *Sensualista Flow™* practice, discussion and a sharing circle before and after, this is a truly nourishing workshops guaranteed to have students feeling fully embodied and grounded in their sensuality.

*\*available in person & online*



# Sex School

3 hrs

Upgrade your sex life through the power of sensuality. If you're sick of quick, disconnected 'snack' sex that leaves you feeling unfulfilled, this is the workshop for you.

In this 2-hour discussion-based workshop discover how you can start having deeply connected, nourishing, 'gourmet' sex that lasts for hours.

We'll explore:

- Pleasure anatomy
- Creating a self-pleasure ritual
- The 6 keys to sensual sex
- Unlocking the 7+ types of orgasms
- The 8 stages of feminine arousal
- Extending pleasure

Available as a 3hr workshop, or a 3-part series encompassing (1) 'Enhancing Intimacy', (2) 'Female Orgasms 101' & (3) 'Extending Pleasure'

*\*available in person & online*



# The Art of Seduction.....

2hrs



Ignite your inner seductress in this super sexy lap dance and striptease workshop!

Being a seductress is about pure sensual embodiment & killer confidence. In this workshop you'll learn how to:

- Make magnetic eye contact
  - Seduce yourself and your lover
  - Create a sensual space
  - Embody your femininity
  - Confidently command the room
  - Give a sensual empowered lap dance
  - Master a sultry striptease
- ...and more!

*\*best taught in person, but also available online*



# Sensual Immersion

3 hrs

Indulge in a sensual journey towards embodied self-love. In this workshop we'll explore the five senses and various self-care rituals we can infuse in to our daily routine to cultivate a deeper sense of presence, connection and sensual self-love.

We'll explore:

- Touch with self-massage
- Taste with mindful sensual eating
- Sound with moving meditation
- Sight with mindful artwork
- Scent with essential oils
- + plus a fully guided *Sensualista Flow™* practice

This dreamy immersion will leave you feeling totally blissed out and deeply connected.

*\*best taught in person*



# The Art of Connection.....

2 hrs

Learn how to cultivate deeper connections with your loved ones and elevate your relationships in this powerful workshop.

It's no secret that relationships take work. But where have we ever actually learnt what it takes to make a successful relationship?

We'll explore:

- How to communicate effectively
- Processing styles
- Enhancing connection
- Increasing intimacy
- The power of polarity
- ... and more!



*\*available in person & online*



# Cyclical Self-Care

.....  
*2hrs*



This is the menstrual cycle awareness education we all should have received growing up.

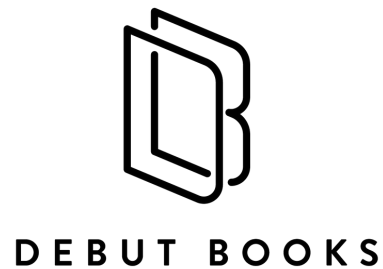
Learn how to truly appreciate your period and how to work with it to fully embody your femininity, unlock your sensuality, cultivate your creativity and cultivate a life of ease & flow. We'll explore:

- The four phases of the menstrual cycle
- How to optimise each phase
- Tracking your cycle
- Non-hormonal birth control methods
- Sex, libido & your cycle
- ... and more!

*\*available in person & online*



# Featured In .....



empowering women in business



# Testimonials



The Art of Sensual Movement with the divine Eleanor Hadley was incredibly special. My mind and body were beautifully connected and I was able to completely let go and just feel. I'm so grateful to feel empowered and able to allow myself to be open, trusting and honest with my needs and desires.

*- Mary*

Eleanor's sensual movement practice is so refreshing in a world where we associate movement with having control over our bodies. It was so empowering to move in a totally differently way where the focus was on how it felt to be in my body. I felt liberated, free and powerful. Eleanor created a safe and sacred place for women to come together and connect with themselves and each other at a deep level.



*- Michelle*



Eleanor's Sensualista Flow class is for me the right amount of challenge, sensuality, soul and meditation, balancing and challenging mind, body and soul. I loved the set up of the space (with beautiful candles and ambience) and I find Eleanor to be genuine, knowledgeable, feminine. An inspiring environment and experience overall.

*- Nadia*



# Testimonials

---

Thank you so much for being a guest instructor for *Pleasure Empress* - your energy is electric and you've opened my mind to embracing sensuality for myself and it not having to be sexual. And the power of eye contact omg!! What a revelation!

Thank you for sharing your gift, it truly is so powerful.

- *Jules*

Every human with a vulva needs to go to Eleanor's Sex School!

- *Alissa*

I had some profound energetic and mental shifts during the class and I thoroughly enjoyed Eleanor's effective yet gentle approach. She's a wealth of knowledge and imparts her knowledge with others in a calm yet impactful way.

- *Nico*

If you want to feel sexy, confident and empowered, Eleanor is your girl! Not only is she an incredible dancer, her energy, kindness and compassion allow you to explore your won body, sexuality and power, uncovering parts of yourself you never knew were there.

- *Amy*



# Testimonials

---

I had the most mind-blowing sex last night! Thanks to you.

- *Jess*

Your workshop has really helped me to open my body & mind to the ability to enjoy myself. It's completely changed sex for me. Thank you!

- *Georgina*

After your workshop I felt so confident that I gave my partner a lap dance for the first time. It was amazing and led to the best sex of my life!

- *Odelle*

Oh my goodness, I feel like a total goddess! I have never given myself permission to explore my pleasure before but since your workshop I've been treating myself more and it feels so damn good!

- *Tayla*

My boyfriend and I have been connecting SO much better since your class, Eleanor! Thank you so much for all your tips, we're having such better talks now & the sex is so good!

- *Bree*



# Get in Touch

It would be a pleasure to bring these workshop(s) to your venue, event or online program.

Please reach out to enquire about how to make some magic with Eleanor, to run a workshop or feature Eleanor as a speaker.

For brands wishing to work with Eleanor, please request a copy of the *Media Kit*.

Direct all enquiries to:  
[media@eleanorhadley.com](mailto:media@eleanorhadley.com)



With love & gratitude,

*Eleanor*  
Hadley

WWW.ELEANORHADLEY.COM