

## *Sexuality Keynote Titles:*

**Turn Up Your Fire! 9 Elements to Wake up Your Erotic Energy, Personal Power and Sexual Intelligence**

**How Your Own Sexual Empowerment Helps You Rock Your Whole Life**

**Sexual Energy is Creative Energy: How To Harness Your Internal Fire to Spark Change in the World**

**Stepping Into Your Personal Power: How Your Sexuality Impacts Your Authenticity, Leadership & Joy**

**How Stepping Into Authentic Sexual Power Means Being More Powerful in Life**

\*Let me know which angle you like best and I will forward a description pronto.

## *Workshop Descriptions:*

As for workshops, I have so many I can do. Here is a list of some of the most popular. I'm happy to work with you to create content that fits your event. If you have ideas or would like to see other options, email [moreplease@amyjogoddard.com](mailto:moreplease@amyjogoddard.com).

**Being a Woman on Fire: 9 Elements to Wake Up Your Erotic Energy, Personal Power, and Erotic Intelligence**

Have you ever wanted to set your life aflame? As creative energy, your sexuality is at the core of your power. When you work on your sexual self in a deep way, it impacts every other aspect of your life. In this engaging, thought-provoking workshop, sexual empowerment expert Amy Jo Goddard will take you on a journey home to your authentic sexual self, where you can express your sexuality and your personal power with integrity and joy. We will go through the 9 elements to awaken your erotic energy to find creativity, sexual intelligence & personal power. Then, we'll identify concrete creative steps you can take right now to channel your true erotic authenticity so that you can create the whole, fulfilled, on-fire life you desire.

In celebration of the release of Amy Jo's book, *Woman on Fire: 9 Elements to Wake Up Your Erotic Energy, Personal Power, and Sexual Intelligence*, Amy Jo will lead an engaged, fun workshop following by a meet and greet soiree. Breaking down sexual empowerment into its component elements, guests will leave with a new perspective on sexuality, fully aware of their desires and ready to attain them!

### **Use Your Words: How to Talk about Your Sex Life and Start Getting What You Want**

It's normal and common for couples to have sexual issues that need to be addressed. And all too often, people are overcome by fear and/or shame that prevents them from having the fulfilling sex life they want. Many people fear bringing up sensitive issues and worry about hurting their partner's feelings if they want to make requests for change or improvement. Sometimes it's hard to identify what requests even need to be made. In this workshop we'll discuss how to bring up the subject and strategies for talking about sensitive sexual issues with lovers. We'll do some self-assessment and practice communication techniques that will make sex talk easier and sex lives better! This is a great workshop for anyone to improve skills, and couples are encouraged to attend together. Learn to bring up topics and strategies for discussing sensitive sexual issues. Practice techniques to make your sex life better!

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### **The Fine Art of Dirty Talk**

Feeling shy about talking dirty? Have a lover who wishes you would, but you sometimes clam up or struggle with obstacles to saying those sweet nasty things? Wish you could open the door to dirty words without shame? This workshop, with Sexual Empowerment Coach, Amy Jo Goddard, will be a fun exploration of dirty talk, why we like it, what we want from it and how to incorporate it with partners. There is no one size fits all, so you'll explore and practice what feels good for you, how to find common ground with your partners, and walk away with a bigger dirty vocabulary. Come on, say it like you mean it!

### **Female Orgasms Made Hotter and Bigger!**

In this fun, interactive workshop we'll take a revolutionary look at female sexual pleasure and orgasms and talk about how to get what we want sexually. What is a G-Spot and how do I find it? Is the clitoris more complex than the "pea-sized nub" we often hear about? How do I learn to ejaculate? Have more satisfying orgasms? We'll answer these questions and many others about female bodies and pleasure, demystify female sexual anatomy and learn how to have the most pleasure, the most fun, and the biggest orgasms—or provide them for our partners. We'll view fantastic little-known illustrations from revolutionary works on women's bodies. We will discuss techniques and share information about sexual pleasure and do some self-exploration about what we want. This is an interactive exchange of information about the female body, pleasure and sexuality. Attendees can decide how much to participate but it will be guaranteed fun! There's no reason not to come!

### **Stepping Into Authentic Sexual Power**

Many people are super empowered in the world, very successful and able to freely assert themselves—but they are unable to carry this power into their sexual lives, leaving them feeling insecure, or deprived of a core power they question whether they can really have. Many cultural factors, including a lack of know-how and role models, contribute to this gap. When your role models for what is sexually powerful come from narrow depictions of women in ubiquitous advertising, music videos or mainstream pornography, it's hard to figure out what your authentic sexual power actually looks like!

Amy Jo will help participants to assess where they currently are in their own sexuality and lead them in a guided meditation and interactive discussion. In this workshop, we'll explore core reasons why we become sexually disempowered, how your own creativity can nurture your sexuality and help you come closer to your core sexual self, and steps you can take to connect to the authentic sexual power you long for. People of all sexual orientations and identities are welcome to be a part of this dynamic class, to begin to dialogue about feeling more confident in their own sexuality and with their sexual and intimate partners.

### **Unstuck Your Sensual Self: Tools to Ignite Pleasure and Desire**

Sometimes we feel disconnected from the experience of pleasure. Sometimes life gets in the way of us experiencing the deepest forms of pleasure. What is holding you back from experiencing pleasure and desire in your daily life? How can you rekindle flames of desire that might be smothered right now? What are the things that make you feel most alive? How can you work to bring those aspects of your life into greater alignment with how you live on a day-to-day basis? Water, and therefore, flow, lives in the second chakra, the home of our sexuality, our sensual selves, our desire. When we get stuck in our attachments, we dam the flow of pleasure in our lives. In this workshop we will use movement, meditation, reflection and group exercises to “unstuck” ourselves, create clarity about how to churn the butters of deliciousness in our lives, and open the second chakra to embrace pleasure and desire in a new way.

### **9 Elements to Awaken Your Erotic Energy, Personal Power and Maximize Your Kinky Sexual Life**

*\* Debuted to massive acclaim at Dark Odyssey, this workshop is ideal for audiences who are interested in exploring BDSM and it can be tailored to varying levels of experience.*

In this workshop, Amy Jo Goddard applies a kinky twist to her signature 9 elements approach. We will explore her holistic perspective on sexual energy and sexual empowerment through the lens of BDSM, power play, control and consent. You'll get tools to understand the full value of your sexual power, and you will learn about the 9 essential elements that will help you come home to your authentic sexual self and express your kink with integrity and joy.

### **The Ritual of Sex**

Sex, at its best, is a ritual. Sometimes when people's sex lives become tedious, monotonous, or boring, they disengage or think something is wrong with their relationship or with their own sexuality. In actuality, identifying this pattern can indicate that one's sex life needs a jolt of creativity! In this workshop, we'll identify some red flags and explore ways to get creative about sexuality, honor it as a ritual and make it something that excites and/or reinvigorates us! In this fun workshop, we'll share ideas for ritualizing our erotic lives and participants will develop a sexy ritual they can try alone, with a partner or in a group setting.

### **The Ins and Outs of Hand Sex**

*\* This is usually taught with demos; having one male and one female-bodied demo would be ideal.*

In today's "Insert Tab A into Slot B"-centric culture, Hand Sex is one of the most overlooked and untapped sources of pleasure. And unlike your standard "go-to" sex equipment, the Creator gave most of us two hands with five digits each, which, when you do the math, equals way more than just doubling your pleasure! Join Amy Jo Goddard, for an entertaining, low pressure and informative workshop on how to make love to people with both male and female genitals using your hands.

### **Lesbian Sex Secrets for Men... and Women**

Let's face it: female bodies can be complicated. There is so much variation in what works for different women that we all need a road map for how to sex them up. In this workshop, we'll pack in as much as we can about making sex with women great: how to approach a woman's body, how to kiss, how to go down on her with skill, and how to bone her in all the right ways. We'll talk a bit about how to communicate sexual wants and needs, and how to use your primary sex tools: your brain, your hands, your mouth and your cock. Learn how to take your Sapphic skills to the next level in the workshop version of Amy Jo's best selling book *Lesbian Sex Secrets for Men*.

## *College Workshop Possibilities:*

These workshops are specific to the sexual issues faced on college campuses. Email [moreplease@amyjogoddard.com](mailto:moreplease@amyjogoddard.com) for descriptions.

- Sexual Agency in an Era of Slut-Shaming
- Finding Your Sexual Voice
- Lesbian Sex Secrets
- How to Navigate FWB, Hookups and Sex on Campus

## *Social Events:*

### **The Dirty Talk Olympics, Hosted by HoneyToes**

#### **2 hours**

This fun, sometimes outrageous, always rule-breaking event allows people to practice playing with erotic talk along the whole continuum: from romantic, or downright naughty, to kinky. A little primer on dirty talk goes a long way, so we'll start with that, then play on a team and use your creativity, courage, skills and playfulness to push your edges and create instant, improvised fun as you play interactive dirty talk games. We'll make it low-pressure play and offer opportunities to toy with language, flirtation, inflection and intention. You are guaranteed to laugh and have fun while adding to your erotic vernacular! The DT Olympics has a history of raising the bar on erotic play and Sex Down South will be no exception. Who knows what amazing dirty talk feats will happen and who will take home the gold medals. Hosted by HoneyToes, we'll have a star-power panel of judges to observe, offering humorous and educational feedback to participants as part of the entertainment and fun! Everyone gets to play. This is not to be missed!