

Catherine Coaches

Your Secret Weapon For a *Red Hot* Love Life!

♥ Sexuality Speaker ♥ Sexuality Educator ♥ Dating Coach ♥ Sex Coach ♥ Media Consultant

Catherine Coaches Workshop Descriptions

Power Flirting: How to Flirt with Anyone, Anytime, Anyplace

Did you know that 90% of a person's opinion of you is formed within the first 2 minutes of meeting? What kind of impression are you making?

This fun, interactive workshop will let you explore what makes you unique and memorable to others.

Come learn the tricks to being a sexy and confident flirt, how to send the messages you want others to get, ways to deal gracefully with rejection (hey, it happens to everyone), and leave the workshop with a newfound sense of empowerment.

This workshop is designed for everyone, whether you are single, taken, or somewhere in between.

Love Your Body Now by Finding Your Fabulousness

About 80% of American women and 45% of American men are dissatisfied with their appearance. No doubt about it, our society is obsessed with the ideal of perfection. Is it really surprising that we have body issues?

This thought provoking, interactive workshop will let participants explore the root of their own body issues, how it has affected them and prevented them from fully embracing their sexuality, and most importantly, how to combat the constant barrage

The Art of Oral Sex (aka Fellatio, Fellatio, Fellatio!)

Want to learn how to give your man a blow job that will knock his socks off? There really is an art to oral sex.

This workshop will cover male pleasure anatomy, tackle the myths, misconceptions, and hang-ups that keep us from truly enjoying the experience, and provide tips and techniques that will make your partner moan with pleasure.

This workshop is designed for everyone and will leave you feeling confident in your newfound skills, empowered, and absolutely beautiful.

The Physiology of Sexual Pleasure and Sex Toys (aka Oh Yeah! Right There!)

This is probably my single most popular workshop. The majority of us are unfamiliar, bewildered, and uncomfortable with our sexual anatomy. It is no wonder considering most of us don't even get that information from our own doctors.

This interactive workshop uses diagrams, puppets, and photos to help demystify the confusion surrounding both male and female pleasure anatomy. Topics covered include the sexual response cycle, orgasms, the g spot, the p spot, and anal sex.

Participants will also be introduced to how sex toys can enhance both solo and partnered lovemaking.



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Catherine Coaches Workshop Descriptions Continued

Anal Sex & Health

Thanks to the proliferation of pornography, most men are craving anal sex with their partners. Are you curious about it, but are afraid it will hurt? Perhaps you are already participating in anal sex, but would like to know more information.

This training will teach participants how to get the most pleasure from their anal play. We will talk about all things anal; myths about anal sex, anal anatomy, the prostate, basic preparation and hygiene, lubrication, anal toys, and safer sex.

Self Image, Self Love, Self Pleasure

Sexuality involves many aspects, and that includes your perceptions of yours to the proliferation of yourself. This class will discuss self image, self love (and learning to love yourself) and how all of that correlates to self pleasure and sexual satisfaction!

Participants can expect to tackle the taboo subject of genital shame head on and will learn about my top picks for incorporating sex toys into self pleasure.

The Wondrous Female Orgasm (featuring the mythical clitoris)

The female orgasm...It is a deep, confusing, and often complex topic. This workshop will introduce participants to female pleasure physiology and anatomy, the different phases of the female response cycle, what types of orgasms women can achieve, and how you can become comfortable pleasuring yourself. We will also explore which specific sex toys can help make achieving orgasm a reality.

This workshop is designed for everyone. Whether you have never experienced an orgasm, or want to learn new techniques that can help you better communicate what you need to help you achieve orgasm.

*****Catherine would be delighted to custom design a curriculum based on YOUR unique needs*****

Catherine Toyooka is the founder of Catherine Coaches, and is a Blogger, Sexuality Speaker, Sexuality Educator, Dating Coach, Sex Coach, and Media Consultant. To book a workshop, get a complete list of her services, or to get more information, please visit <http://www.CatherineCoaches.com>.

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What people are saying about Catherine Toyooka

"As a member of the 2009 Vagina Monologues production crew, I contacted Catherine to come speak with the cast and crew. What an eye-opening experience! Even amidst a group of young, active, college age women, we realized how little we knew about our anatomy, and how much we had been taught to undervalue our own bodies.

Having worked with her organization before, I knew I could look forward to bold personalities and candid answers, but Catherine far surpassed these expectations, drawing in every shy and outgoing member of our organization with ice breakers, affirmations and comfortable laughter. She stressed the importance of confidentiality (a must with college students) and changed the atmosphere of uneasiness to a much more light-heartedness conversation. Thorough, patient, open, thought-provoking and humorous, Catherine was well-prepared and absolutely professional, never condescending no matter how many times questions were repeated."

~ Kyrah M. Daniels

Former Stanford Student & Current Harvard Graduate School Student



"In a society that often skims the surface of sexuality issues, Catherine craftily manages to help participants dive within themselves and safely explore. In a safe, comfortable and inviting manner, she can transform a room into an open sex positive environment for sex nerds, the vanilla folk and all those in between. Yet no euphemisms are needed, as she doesn't pull any punches in her presentations! This honesty illustrates what individuals are desperately seeking today: truthful conversations and reputable guidance about sexuality. Catherine hits all the bases of a skilled educator: she's comforting, highly skilled and sparkles!"

~ Megan Andelloux

Certified Sexuality Educator, AASECT
AASECT Sexuality Education Supervisor
Board Certified Sexologist, ACS

Founder of OhMegan.com, Director of The Center For Sexual Pleasure & Health

"We were delighted to have Catherine Toyooka work with us at the Center for Sex & Culture and couldn't be happier that she has started doing her own independent consulting and coaching work. So many people get insufficient or just downright bad sex education that creating a sexually sane, healthy, pleasure-filled society is a tall order, and we need all the help we can get. Fortunately, Catherine is on the job!"

~ Carol Queen, Ph.D.

Founding Director, Center for Sex & Culture, San Francisco

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About Catherine R. Toyooka

Catherine is equal parts professional and unruly.

She has been providing comprehensive sexuality education since 2002. Catherine quickly became well known for her quit wit and easy accessibility, and her unabashed workshop motto is "Sex Spoken Here!"

Her workshops are high energy, humorous, and always interactive and educational. Some might even call it sex edu-tainment, and it is through her workshops that she became known as the "fairy god mother" of sex.

Catherine founded Catherine Coaches in 2009 after seeing the need for people to get reputable information on sex and sexuality that is neither too clinical nor over sensationalized.



Comprehensive Sexuality Education for the New Millennium

Originally specializing in the field of HIV/STI training, transmission, and prevention, Catherine travels the world as a sought after sexuality speaker.

Where Catherine Has Presented:

- AIDS Walk San Francisco
- Asian Pacific Islander (API) Wellness
- Coco de Mer
- Fascinations Fun Love
- Good Vibrations
- Planned Parenthood
- San Francisco AIDS Foundation
- San Francisco LGBT Community Center
- San Jose State University
- Stanford University
- The Center for Sex & Culture
- The Ryan White National (HIV) Youth Conference
- The State of California Early (HIV) Intervention Conference
- University of California San Francisco

Catherine's Most Popular Workshops:

- Power Flirting: How to Flirt with Anyone, Anytime, Anyplace
- Fellatio, Fellatio, Fellatio!
- Love Your Body Now by Finding Your Fabulousness
- Oh Yeah! Right There! Pleasure Physiology & Sex Toys

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Dating Coach Services

Did you know that 90% of a person's impression of you is made in the first minute and a half of the initial meeting.

Catherine works with individuals in a confidential setting to help them de-mystify the challenges of dating. She can provide insight to her clients as to why they might still be single.

Coaching sessions can address a variety of issues including:

- Learning how to flirt
- Dealing with low self-esteem
- Improving body language
- Overcoming shyness
- How to improve your online dating profile
- How to be less needy
- How to be more realistic in the people you wish you date
- How to attract the people you are most interested in

Catherine also provides field coaching services that can include being your personal "wingwoman".

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Sex Coaching Services

Catherine provides confidential sex coaching services to help her clients achieve their goals and have the type of sex they really want.

Catherine's non-threatening, non-judgmental, and sex-positive attitude helps to set the stage for positive sexual behavior change.

Catherine offers face-to-face individual sex coaching services in for her clients residing in the San Francisco Bay Area. She offers skype services for clients outside the Bay Area.

Sex coaching sessions focus on achieving sexual comfort, education and skill development, or overcoming stigma, taboo, and other issues.

Possible sex coaching topics:

- Exploring fantasies & fetishes
- Dealing with genital shame
- Connecting with your sexual self

Note:

*Coach and clients do **NOT** engage in any type of sexual activity*



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