

*The Passionate
Physician Coach*

SONIA WRIGHT, MD



SERVICES

90 Days to Greater *Sexual Intimacy* for Women Physicians

The only sex coaching program designed specifically *for women physicians, by a woman physician!* Attend sessions in person or re-play the recorded sessions at a time that fits into your schedule.

GROUP DETAILS & BENEFITS...

-  Weekly group coaching calls with Dr. Sonia Wright, trained sexual counselor and certified physician life coach (*Coaching can be obtained anonymously*)
-  Additional "drop in" office hours with Dr. Sonia to get quick questions answered
-  Weekly modules and worksheets from pre-work to protocol
-  An optional weekly book club related to women's desire and sexuality
-  Supplemental informational video segments on issues ranging from female sexuality to alternative lifestyles
-  Special weekly segments on toys to spice up the bedroom fun! (*Submit a request for me to review a specific toy!*)

Finally, because sex impacts every area of your life and every area of your life impacts sex and intimacy, I invite guest coaches to come and talk to the group throughout the program.

Topics may include...

- * The coaching tool that will change your life
- * "Body image and style" with our style coach
- * Dealing with the physician workday
- * How to conquer scheduling
- * Coaching the leader
- * Preventing physician burnout
- * Vulnerability
- * Your questions answered by a guest gynecologist
- * Dealing with shame and guilt around lack of sexual intimacy

WHAT TO EXPECT...

-  You will identify goals you want to accomplish during the 12-week program, and beyond.
-  You will develop a weekly schedule for self-care, family, work, and relationships to increase the amount of sex in your life.
-  You will create and implement a sex protocol with monthly calls to refine the protocols
-  You will gain a more loving relationship with yourself and your body. You will learn to love your body right now, just as it is.
-  You will build your community, your "squad." You will realize you are not alone on this journey as you laugh, cry, and grow together with your cohort. By the end of the 12 weeks you will be a close-knit group.

VIP Coaching Program

For those women physicians who would like individual coaching in addition to all the benefits of the group coaching program, I provide limited VIP coaching slots.

PROGRAM DETAILS & BENEFITS...



All the amazing benefits of group coaching program...

Plus!



Individual coaching sessions to dive deeper into your particular sexual concerns



Personal messaging on Voxer. Need to reach me sooner than a coaching session? Just send a message!



A weekend retreat with Dr. Sonia and the other VIP clients. Spend time with me and get in-person coaching in a relaxing environment where you can enjoy fine dining and spa services.

Individual Coaching

Although the majority of my clients are women, I offer my coaching services to everyone. For clients that identify as male or non-binary, please contact me directly regarding my individual coaching services.

Not a Doctor?

To learn more about the work I do with the general public, please visit my sister website:

www.TheMidlifeSexCoach.com



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www.SoniaWrightMD.com  Sonia@SoniaWrightMD.com

Interested? Ready to create the sex life of your dreams?

Schedule a Complimentary Consultation at:

<https://SoniaWrightMD.as.me>