

I said, I try to find a customised solution, and that is the only way to achieve that. Every participant, whether he/she is the first one I am talking to or the last one, is met with

emotional level, but also about physical contact.

**Are there certain goals you want to achieve with your individual**



**“What we need is emotion, warmth, a sense of attachment, sensuality, to touch and feel, and not only sex.” Vanessa del Rae**

the same openness and will to help. We only talk, it's all verbal – except for my striptease workshop, of course – although it's not really about learning how to strip, but more about finding ways to express your own sexuality. That workshop is more interactive, and while there is also a lot of talking and discussing, there is also a lot of dancing. I have integrated certain dance training routines into the workshop, and there is lots of space for everybody to try certain things within a secure environment. The women can put on corsages and experience how it feels to move with them. It is astounding and for me, it is also very rewarding to see how much these women can change within only eight hours. Usually, this change is lasting, because the participants leave the workshop with a different attitude towards their body and their sexuality.

In March, there will be an event for men, by the way. “How to touch a woman”. It is about how men can touch a woman on a deeper,

courage to change things in order to become a more happy, more fulfilled person. I don't set goals for those people, they set the goals themselves. Usually, I don't really know what to expect when I sit down with these people and listen to them – and how could I not be

unprepared? Everybody I am working with is different from anybody else, has his or her own unique strong points and weak points. Of course, my training and knowledge helps me to find out what their real problem is. A lot of times, it is about the interpretation of body language. The discrepancy between what people say and what their body says is often quite telling.

**coaching events?**

**Vanessa del Rae:** I am not looking for a solution – the participants already carry it within them. I only help them to take a look inside them without any bias or prejudice, and to muster the

**What is your opinion on the erotic market? Do you see many products that are in line with your philosophy and with your idea of a healthy sexuality?**

**Vanessa del Rae:** I think that many companies follow the right approach. The market for erotic products is immensely important, and let's not forget that erotic stores have been instrumental in educating many people on subjects such as sexuality, sex, and eroticism. Also, the success of the erotic industry has helped create more awareness for these topics and to do away with those outdated taboos. Erotic products can add a new dimension of pleasure to sex and can help people to learn more about their own sexuality, plus they provide an infinite source of new ideas and new fantasies. That is wonderful, and I



**„Moral conventions, our conditioning, the taboos, the churches, maybe even politics – they keep us from doing what we want to do“ Vanessa del Rae**

support everything that helps to get sex out of the shadows and into the light at the centre of people's lives. People have to learn to embrace their sexuality, to do what they want to do – as long as they don't hurt or upset anybody else, of course. There are certain rules, but within that space, anything goes.

