



Association of Professional Trainers SINGAPORE

SYNOPSIS

#Sex #SexEd and #MeToo

Unless you've been asleep since October, you've probably heard of the #MeToo movement, the brewing backlash, and wondered how this affects life as you know it. Certified Clinical Sexologist and Relationship Counselor Dr. Martha Tara Lee of Eros Coaching will unpack for you what has been happening, why it is important to take note of it, and how this is relevant to how you conduct business as a professional trainer or speaker.

Honest, direct, and sex positive, Martha will share her own #MeToo stories, and challenges faced as the only female Sexologist in Singapore. She will offer practical advice and tips on how to maintain professionalism and the topic of sexuality in the corporate world. She will end by making a case that it is vital that each of us begin to harness our sexual energy as our greatest resource, and reclaim our power as sexual beings

SPEAKER

Surrounded by friends who were sexually inhibited and struck by dire lack of positive conversations around sex and sexuality in Singapore, Dr. Martha Tara Lee set out to make a positive difference in embarking on her doctorate in human sexuality before launching Eros Coaching in 2009. In practice for more than seven years now, she is the only certified sexuality educator by the American Association of Sexuality Educators, Counselors and Therapists (AASECT) in Singapore. She also holds certificates in counselling, coaching and sex therapy, and has most recently completed her fourth degree – a Masters in Counselling in 2017.

Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, and Men's



Health Malaysia. She was recognised as one of ‘Top 50 Inspiring Women Under 40’ by Her World in July 2010, and one of ‘Top 100 Inspiring Women’ by CozyCot in March 2011. She is the host of weekly radio show Eros Evolution on the OMTimes Radio Network. She has published three books: Love, Sex and Everything In-Between, Orgasmic Yoga and From Princess to Queen.

Martha works with individuals and couples in private coaching sessions, and conducts her own workshops. She takes prides in making sure all her workshops are also fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing and sacred. As such, this serious light-heartedness has shone through again and again.