



Farren Moore

Sexual Health Educator & Intimacy Coach

Biography

Farren Moore is a respected sexual health educator and intimacy coach dedicated to helping individuals and couples develop healthier, more fulfilling relationships. As the founder of There's Moore to Sex, she creates spaces for open, evidence-based discussions on intimacy, pleasure, and connection. With a background in sexual wellness education, she breaks down stigmas and provides practical strategies that empower people to explore their desires with confidence and clarity. Her expertise spans topics such as mindfulness in intimacy, the role of play in relationships, and destigmatizing sexual health, all with a focus on fostering communication and connection.

Through speaking engagements, workshops, and coaching, Farren delivers insightful, research-backed guidance tailored to diverse audiences. She has worked with corporations, wellness retreats, and community organizations, offering customized sessions that address real-life intimacy challenges. Her ability to engage audiences in direct, judgment-free conversations makes her a sought-after speaker for those looking to improve personal and professional relationships through better communication, emotional intelligence, and self-awareness. Whether addressing professionals, couples, or individuals seeking to reclaim their pleasure, Farren provides the knowledge and tools needed to navigate intimacy with confidence and authenticity.

Speaking Topics & Workshops

The Power of Sexploration

Discover how self-exploration deepens connection, enhances pleasure, and fosters authentic intimacy.

Grounding in Pleasure

Use mindfulness and intimacy techniques to strengthen emotional and physical connections.

Destigmatizing Sexual Health

Break taboos and build confidence in open, shame-free conversations about sexual wellness.

Pleasure Is for Everyone

Embrace inclusive practices that celebrate and nurture intimacy for all backgrounds and identities.

The Role of Play in Relationships

Infuse fun and curiosity into relationships to enhance emotional and physical intimacy.

Booking Info



info@theresmooretosex.com

www.theresmooretosex.com

Los Angeles | New York, NY

