

WELCOME



Congratulations on taking the first step on building quality relationship skills with your partner(s)! This journey will focus on helping you create meaningful skillsets that are beneficial for a healthy polyamorous and consensual non-monogamous relationship.

Dr. Eli Sheff is a researcher, expert witness, relationship coach, speaker, and educational consultant. The most important thing for her is that you find the kind of relationship that allows you the most joy with the least pain with the people you choose and who choose you. Her goal is to help people figure out what kind of relationship they want and how to deal with their challenges in consensually non-monogamous and/or kinky relationships. Using her extensive knowledge of polyamory and kink/BDSM, Sheff provides relationship coaching for those who are seeking an external perspective and strategies to deal with jealousy, set realistic boundaries, deal with conflict, and improve communication skills.



Dr. Eli Sheff

DR. SHEFF IS A RESEARCHER, EXPERT WITNESS, COACH, SPEAKER, AND EDUCATIONAL CONSULTANT with a PHD in Sociology.

She/her/hers

To inquire for an appointment:
DrEliSheff@gmail.com

YOUR POLY RELATIONSHIP COACH

DR. ELI SHEFF IS ONE OF THE HANDFUL OF GLOBAL ACADEMIC EXPERTS ON POLYAMORY. USING HER 25+ YEARS OF EXPERIENCE RESEARCHING POLYAMORY AND BDSM, DR. ELI IS HERE TO COACH PEOPLE TO EXPLORE THEIR RELATIONSHIP, WORK THROUGH CONFLICT, AND MISMATCHED DESIRES WITH PARTNERS.

- DR. ELI SPECIALIZES IN GENDER AND SEXUAL MINORITY FAMILIES, CONSENSUAL NON-MONOGAMY, AND KINK/BDSM.
- CERTIFIED SEXUALITY EDUCATOR (AASECT)
- AUTHOR OF FOUR BOOKS ABOUT POLYAMORY
- OVER 20 PEER-REVIEWED PUBLICATIONS,
- VERIFIED PSYCHOLOGY TODAY WRITER

AS SEEN IN..



COMMITTEE on
CONSENSUAL
NON-MONOGAMY
— APA DIVISION 44 —
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Testimonial:

"Dr. Sheff has been an invaluable resource for me as a relationship coach. She has provided valuable insight and information regarding different relationship and communication structures, and reflection, guidance, and perspective, thus helping me gain much needed clarity.

She has helped me access ideas for activities, systems and methods I can employ daily to find my own truth and sense of self. She is motivating and uplifting, and extremely easy to connect and share with, especially given her compassion, warmth, and incredible sense of humor.

Her support has been invaluable throughout my journey and I give her the highest recommendation for helping people through challenges they may be experiencing."

S E R V I C E S

HOW DOES DR. ELI'S RELATIONSHIP COACHING BENEFIT YOU?

Identify issues and set personal goals
reframe clients challenges to find solutions
together
Collaborate with an action plan
Coaching sessions provide ongoing
guidance in developing skills, exploring
strategies, dealing with conflict, clarifying
boundaries, and expanding self-soothing
strategies.

WHO ARE DR. ELI'S CLIENTS?

Great for folks who have questions about:

- The inner workings, strategies, and safety of unconventional relationships.
- Consensual Non-Monogamy (CNM),
- BDSM,
- Transgender, Intersex, Same-sex,
- Inter-racial
- Families with kids

Come solo, as a couple, or a group, and get your questions answered or build your skills and break through your communication rut.

PAYMENT & PACKAGES:

Individual Standard Rate: \$150.00/hour

Retainer Discount: \$500/4 hours

COACHING PACKAGE: 2 PEOPLE

\$500 retainer
1X 1.5 hour joint session

2X 45 minute individual
sessions

COACHING PACKAGE: 3 PEOPLE

\$600 RETAINER
1X 1.75 HOUR JOINT SESSION

3X 45 MINUTE INDIVIDUAL
SESSIONS

COACHING PACKAGE: 4 PEOPLE

\$725 retainer
1X 1.75 hour joint session

4X 45 minute individual
sessions

MUST DEPOSIT TO SECURE AND CONFIRM APPOINTMENT:

1.5 HOUR DEPOSIT: \$225.00

3 OR MORE PEOPLE DEPOSIT: \$300.00
INTO MY VENMO ACCOUNT

[HTTPS://VENMO.COM/ELISABETH-SHEFF](https://venmo.com/Elisabeth-Sheff)

While the retainer is non-
refundable, the time does not expire.

THERAPY.....

DR. ELI IS A RELATIONSHIP COACH WHOSE STYLE IS BEST SUITED TO PEOPLE WHO WANT INFORMATION, DIRECTION, PERSPECTIVE, AND GUIDANCE. WHILE DR. ELI'S CLIENTS CERTAINLY TALK ABOUT THEIR FEELINGS, THOSE WHO ARE LOOKING FOR HEALING OF PAST TRAUMAS WOULD BE BETTER ASSISTED BY A TRAUMA-INFORMED THERAPIST AND DR. ELI IS HAPPY TO HELP WITH A REFERRAL.

...VS COACHING

Dr. Eli uses her 25+ years research on polyamorous families to help people understand what works and what doesn't with consensual non-monogamy, and to identify and select strategies to deal with conflict and mismatches.

CONSULTATION FRAMEWORK

- **FIRST** Meet with the entire group all together
- **Then** do individual sessions
- **End** with a wrap-up group session.

Testimonial:

"Thanks so much for the chatting with us today. We took so much away from the conversation & feel much more confident about talking with the kids. It's nice to know we have someone to turn to if & when we have questions or need some advice in the future. Up until today we've been a little bit of blind wanderers. So thank you! We can tell you are educated yet real... it was a refreshing combo."

Dr. Eli has a 24-hour cancellation policy.
clients can reschedule within 24 hours
cancellations after 24 hours retain half of their retainer
no-shows forfeit the entire retainer
for the scheduled sessions:
(if they have a 4 hour retainer and the appointment was for 1 hour with a no show, they only lose one hour, not the entire 4 hour retainer).

Testimonial:

" We were in various forms of a polyamorous relationship for over a decade before we decided to formally divorce. "Divorce" felt like a misnomer for our intentions and experience, so we searched for different models and found Eli's research. It helped us greatly to think through our experience!

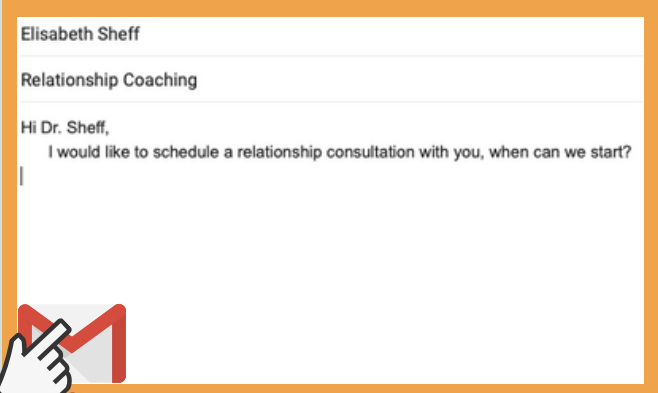
We called her up for a consultation and had a great talk that has laid the groundwork for a productive process of dividing up our assets while still maintaining our sense of intimacy and closeness.

We highly recommend talking with her if you find yourself in a similar space!"

READY TO IMPROVE YOUR
RELATIONSHIP?
BOOK YOUR
CONSULTATION NOW!

FOR MORE INFORMATION SEE
[HTTPS://ELISABETHSHEFF.COM/RELATIONSHI
P-CONSULTATIONS/](https://elisabethsheff.com/relationships-consultations/)

TO BOOK A SESSION EMAIL DR. ELI AT
DRELISHEFF@GMAIL.COM



Elisabeth Sheff

Relationship Coaching

Hi Dr. Sheff,
I would like to schedule a relationship consultation with you, when can we start?



sheff consulting