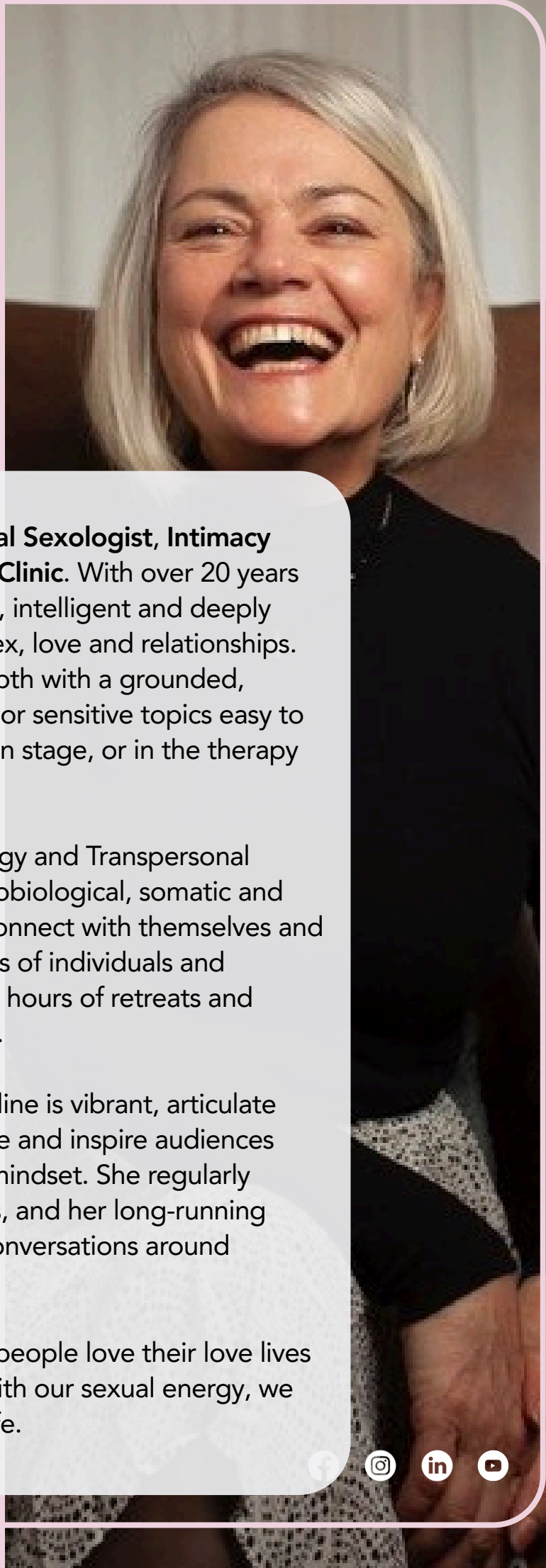


Jacqueline Hellyer

RELATIONAL SEXOLOGIST
INTIMACY EDUCATOR
CONNECTION COACH



Jacqueline Hellyer is a leading **Relational Sexologist, Intimacy Educator** and founder of **The LoveLife Clinic**. With over 20 years of clinical experience, she brings a fresh, intelligent and deeply human voice to conversations around sex, love and relationships. Her approach combines therapeutic depth with a grounded, relatable presence that makes complex or sensitive topics easy to engage with — whether in the media, on stage, or in the therapy room.

A two-time Master's graduate in Sexology and Transpersonal Psychology, Jacqueline draws on psychobiological, somatic and spiritual frameworks to help people reconnect with themselves and each other. She's worked with thousands of individuals and couples, and delivered more than 3,000 hours of retreats and workshops across Australia and beyond.

As a speaker and commentator, Jacqueline is vibrant, articulate and insightful—able to inform, challenge and inspire audiences with humour, clarity and a sex-positive mindset. She regularly features in print, radio, TV and podcasts, and her long-running blog and podcasts continue to shape conversations around healthy, conscious sexuality.

Jacqueline is passionate about helping people love their love lives and believes that when we reconnect with our sexual energy, we unlock a more expansive and fulfilling life.



LOVELIFE

BY JACQUELINE HELLYER

The LoveLife Clinic

Founded by Jacqueline Hellyer, The LoveLife Clinic is a space where people reconnect with themselves and each other.

Blending science, psychology and spirituality, the clinic offers therapy and coaching for those seeking healthy, shame-free and deeply fulfilling relationships. It's a warm, respectful space where intimacy can be explored with openness and care.

Couples Retreats

Jacqueline's Couples Intimacy Retreats are immersive, science-meets-soul experiences held in Australia and Bali.

They offer couples the space to slow down, reconnect and rediscover the art of conscious loving through education, reflection and guided practice. Each retreat combines psychological insight, mindful presence and embodied exploration — helping couples return home renewed and inspired.

Online Courses

Jacqueline's online programs bring her teachings to a global audience:

- Couples Intimacy Masterclass — her signature course for couples
- Luscious Woman & Black Belt in the Bedroom — course for women and men.

The LoveLife Blog

The LoveLife Blog is a rich online resource with over 400 articles exploring love, intimacy and erotic connection with honesty, intelligence and warmth.

Blending the art and science of sexuality, it covers everything from desire and communication to the spiritual and creative dimensions of erotic life.

My Mum's a Sex Therapist is a candid, often hilarious podcast where Jacqueline and her daughter dive into real, unfiltered conversations about sex, love, relationships—and what it's like growing up with a sex therapist mum.



Achievements

Master's Degree - Sexology

Master's Degree - Transpersonal Psychology

Accredited Psychosexual Therapist - Society of Australian Sexologists

Founder - The LoveLife Clinic

- 10,000 client hours
- 3,000 workshops, retreats, and presentations

Published Author

- 3 well received books
- Focused on intimacy and sexual education

Speaking

Keynote Speaker & Immersive Workshop Leader

Jacqueline has led hundreds of workshops and retreats across Australia and internationally, offering deeply engaging sessions on intimacy, relational wellbeing, and long-term desire. With a signature style that blends science, soul and grounded insight, she creates spaces where audiences feel both safe and inspired to explore meaningful human connection.

Corporate & Organisational Speaking

Jacqueline brings a fresh perspective to business events and leadership forums, delivering talks on embodied leadership, emotional intelligence, and authentic connection in the workplace. Her unique expertise in intimacy and relational dynamics helps teams and leaders navigate complexity, prevent burnout, and foster more human-centred, energised environments.

Transformational Retreats & Group Experiences

Jacqueline has led dozens of immersive retreats and group programs for couples and individuals seeking deeper connection and conscious intimacy. Known for their warmth, depth and impact, her retreats combine science-backed frameworks with soulful exploration—helping participants move beyond surface-level fixes to lasting relational transformation.



PR & Media

- Columnist for Men's Health Magazine
- Columnist for Women's Health Magazine
- Columnist for Foxtel's Lifestyle You
- Columnist for The Sunday Telegraph's magazine
- Regular contributor to Mindfood magazine and radio
- Regular on Channel 7's The Morning Show
- Regular on ABC's Nightlife
- Regular on ABC's JJJ The Hook-Up
- Frequently called on to provide comment in print and online media
- Regularly interviewed on podcasts and panels nationally and internationally



Key Messaging

- Real intimacy doesn't fade—it evolves with care, connection and a willingness to keep showing up.
- Great sex is grounded in presence—not performance, pressure or perfection.
- Our sexual energy is our vitality—it fuels joy, creativity and presence in everyday life.
- You're not broken—most people just inherited outdated ideas about love, sex and closeness.
- Desire isn't constant—and that's normal. It ebbs, flows and deepens with emotional connection.
- You don't need a crisis to work on your relationship—curiosity is more powerful than urgency.
- Meaningful connection starts with honest conversation—especially about the things we were taught to avoid.
- Emotional safety and trust are the foundations of both intimacy and desire.
- Connection is the cure. How we talk, touch, pause, and play shapes how we connect.
- Therapy isn't just about solving problems—it's about creating more possibility, pleasure and depth.

Sample Content Pillars

Conscious Connection in Long-Term Love

Jacqueline speaks to the realities of long-term relationships—the daily grind, shifting roles, and emotional drift that can quietly take hold. She helps couples rediscover connection as something active, not assumed, and shows how intimacy deepens when we meet each other with intention. Rather than “keeping the spark alive,” her work invites people to create something more enduring: emotional closeness that evolves alongside the relationship itself.

The Power of Sexual Energy in Everyday Life

Sexual energy isn't just about sex—it's a vital, enlivening force that fuels how we move through the world. Jacqueline helps audiences reconnect with that energy as a source of confidence, clarity and creativity. Her talks explore how embodied presence enhances not only our intimacy, but also how we parent, lead, work, and rest. When we're connected to ourselves, everything becomes more vibrant—including our relationships.

Redefining Intimacy and Desire

So many people feel like something's wrong when desire changes—but Jacqueline reminds us it's meant to. She unpacks the pressure, myths and outdated models that leave couples stuck or shut down. Instead of chasing frequency or “fixes,” she offers a more generous view of desire—one that honours real-life dynamics, emotional closeness, and co-created intimacy. This is desire without pressure, and connection without performance.

Building Shame-Free Relationships

Shame shuts us down. Jacqueline brings lightness, clarity and permission to conversations many people have never had; about sex, love, closeness and communication. Her work invites people to replace silence with honesty, and awkwardness with ease. She guides individuals, couples and professionals to cultivate emotionally safe spaces, where needs can be voiced and intimacy can be real. Because without safety, there is no connection—and without connection, there is no growth.

AS SEEN IN

SBS News

Woman's Day
powered by iQOO

The Guardian

Daily Mail

BODY+SOUL

MINDFOOD
#SMARTTHINKING

The Sydney Morning Herald
INDEPENDENT. ALWAYS.

7NEWS



*“You are one of the most amazing women I have ever met. I love your **warmth, openness and wonderful insights.**”*

*“The **empowerment** you provide people with **through your sex therapy, retreats and workshops** is inspirational, life changing and the beauty of it is that you don't give them power, you don't even create it, it just simply manifests itself through the opportunities you so strategically present.”*