

## Course Catalog 2017



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## *Welcome SU Students*

I'm really looking forward to working with you. Stiletto U is dedicated to the idea that too many women are living life without actually feeling alive. My desire is to help you unearth the *sensual* you buried within and blossom into the incredible, desirable woman you are meant to be.

We are in search of the authentic, sensual you, and that may feel like a daunting task at first, but be assured that being YOURSELF can never be wrong. We are not trying to fit you into a mold but rather build the mold around you, right where you stand, and then break it! We want you to live by your own truths, attitudes, wants and desires, only then will you begin to know the true pleasure of being a woman.

There are several options for you here at Stiletto U. The most comprehensive and extensive program is our nine-week semester, which has consistently garnered excellent results. The women who sign up are definitely not the same women who graduate. They emerge from SU feeling more confident, sensual and empowered. If a full semester isn't for you, we also offer the units individually, allowing you to explore your most pressing area of interest, or you can book hourly coaching sessions. Check us out. Take advantage of our free 30 minute trial session.

In addition, SU offers *Sensuous Soiree* packages—themed private parties that are unique, memorable and empowering. Our newest workshop is *Sexitude*, a sensual workshop/workout that combines mind and movement and is designed to unearth your unique brand of sexy. We also do workshops and fundraisers for clubs and organizations.


It's time for you to stop living vicariously through others and to instead find the delicious lost side of you that makes being a woman so much damn fun!

So until we speak. Be Charming. Be Sexy. Be You!

*Lori*



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## *Stiletto U*

### **YOUR PROFESSOR**



Lori Bryant-Woolridge is a best-selling author, motivational speaker, and advocate for healthy, sensual lifestyles. An Emmy-award winning writer, she has written three bestselling novels including, *Weapons of Mass Seduction: a Novel to Unleash the Sensual You* and is the author of *The Power of Wow: A Guide to Unleashing the Confident, Sexy You*. Since 1998, Lori has conducted *Unleash the Sensual You* and other popular workshops around the country. She is a regular blogger for The Huffington Post, and

has been featured in local and national media, including: The Seattle Times, Detroit Free Press, *Essence Magazine*, *Working Mother Magazine*, *Publishers Weekly*, *Romantic Times*, *Matters Magazine*, and *Psychologies Magazine (UK)*, *Cosmopolitan UK*, *Examiner.com*, *Lovingyou.com* and *iVillage.com*, and has appeared on numerous radio and television shows across the country.

### **OUR MISSION**

Our mission at Stiletto U is to unleash a woman's natural and individual sensuality, with the ultimate goal of making her feel comfortable and sexy in her own skin and help her become the beautiful, sensual, confident woman, wife and partner she was born to be.

### **OUR STUDENTS**

SU students run the demographic gamut. Single, married, and divorced women of all ages, with or without children, can (and have) benefit from our program. What each has in common is the desire to tap into her inner strength, beauty and feminine confidence.

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EARN YOUR M.S.A.  
MASTERS OF SENSUAL  
ARTS

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### THE SU SEMESTER

This nine-week 'semester' is designed to help establish your sensual habits in three distinct units—**individual sensuality**, **social sensuality** and **sexual sensuality**. Each unit has two classes and each class lasts one week, followed by a 'lab' week for you to fully incorporate your unit lessons.

You will receive weekly class assignments. We will 'meet' at a scheduled time, for 90 minutes to discuss your sensual lives and go over your homework and personal goals for the week. Between one-on-one meetings, you will have unlimited access to me through email.

Graduates receive a Stiletto University diploma and stiletto charm.

### FEES

Contact us at [Stilettou@gmail.com](mailto:Stilettou@gmail.com) for our current fee schedule. A nonrefundable \$100 deposit is required. Tuition may be paid in installments. Payments may be made by check or through Paypal.

### SUPPLIES AND MATERIALS

The only mandatory materials are listed below. Any other material costs will be dictated by your personal taste and budget. For workshop materials you can expect to spend a minimum of \$20-\$25. However, you may end up buying things on your own—lingerie, fragrance, great shoes!

Mandatory Supplies:

- Text Book *The Power of Wow*
- A Journal
- An open mind

## *Semester Program Units*



### **INDIVIDUAL SENSUALITY**

A woman's sensuality truly takes root in her *individuality*. Learn to unleash your authentic sensual self through the joyous preoccupation of living through your five senses.

**Week One:** Sensual World

**Week Two:** Sensual You

**Week Three:** Sensual Living Lab



### **SOCIAL SENSUALITY**

Married or single, social sensuality is what puts the FIZZ in a woman's life. Learn to bring out the sensual you in a social setting by learning how to interact with strangers or your lover on a joyously flirtatious level.

**Week Four:** Turn On the Charm

**Week Five:** S.E.L.L. Yourself

**Week Six:** Charmed Living Lab



### **SEXUAL SENSUALITY**

Learn to marry your individual sensuality with charm and seduction to amp up your sex life in imaginative and enticing ways.

**Week Seven:** Bringing Sexy Back

**Week Eight:** The Art of Seduction

**Week Nine:** Seductive Living Lab

## Class Descriptions



### **SW 101 SENSUAL WORLD**

An introduction into the basic tools for rediscovering the amazing delicious world around you and creating your own sensual environment.

### **SY 102 SENSUAL YOU**

Build up your feminine confidence by developing your unique sensual persona.

### **SLL 103 SENSUAL LIVING LAB**

Put your lessons into practice this week and solidify your newfound sensuality.

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### **TOTC 103 TURN ON THE CHARM**

Dust off your womanly wiles and amp up your confidence in your social sensuality.

### **SELL 104 S.E.L.L. YOURSELF**

An introduction to the basic techniques of S.E.L.L.ing yourself in a room full of men or a room with only you and your lover.

### **CLL 106 CHARMED LIVING LAB**

Spend the week spreading charm and disarming the unsuspecting public.

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### **BSB 105 BRINGING SEXY BACK**

Wake up your sexy mind and increase your appetite for loving, sensual lust!

### **TAOS 106 THE ART OF SEDUCTION**

Celebrate the sensual new you by planning a Red Hot Night for yourself or your lover.

### **SLL 109 SEDUCTIVE LIVING LAB**

Turn your lessons into some serious love making, even if it's just you!

## *Continuing Education Classes*

### AVAILABLE SERVICES AND FEE SCHEDULE

By popular request we have added the ability to enroll in individual semester units. In addition, single coaching sessions and private parties are now available. Continuing education at Stiletto U...it's a beautiful thing. Please contact us at [stiletto@gmail.com](mailto:stiletto@gmail.com) for current fees.

**Per Unit:** You can take an individual semester unit to work specifically on one area of interest. Each unit runs four weeks and includes weekly assignments and four, one hour coaching sessions.

**Alumni Tune Up Session:** Personalized coaching to accommodate your individual needs at the moment. Runs four weeks and includes weekly assignments and four, one hour coaching sessions.

**Individual Coaching Session:** Need a little directional boost or help with a current and pressing problem or situation that needs attention? Let's talk about it. Great for SU alums. One hour minimum.

**Sensuous Soiree:** Treat your friends to a Unleash the Sensual You party that includes a workshop, custom invitations, goodie bags, and workshop materials. From flirt clinics to sexy back to bridal showers and divorce parties, we have several themes to choose from but all are unique, memorable and empowering! Soiree kits are also available for purchase. Email for separate party information.

**Free Trial Session:** Believe me, the last thing I want to do is waste your time and hard earned money. I take my coaching very seriously and strive to make the process an enjoyable, empowering situation for you. If you are seriously interested in individual coaching but still aren't sure, contact me at [Stiletto@yahoo.com](mailto:Stiletto@yahoo.com) for a free 30 minute trial session. Can't hurt and who knows, it could be the start of a beautiful new you!





## Testimonials

### COMMENTS FROM STILETTO U ALUMNI

“SU exceeded my expectations. I really didn’t think that this was going to work for me. I thought I was just meant to be the socially awkward one, the one that really didn’t have any femininity or womanly wiles. I think I was just resigned to be the matron. Now I feel sexy, smart and powerful.” *Dina, Maryland 41, married, one child*

“I’ve changed! Being more aware of my surroundings has made me take more pleasure in my everyday life. I smile a lot more and have a better attitude at work. People have noticed and what I’m giving I’m getting back.” *Janine, Delaware, 26, single*

“SU made me take mental stock of myself. I learned I can be sexy in the skin I am in and I can work on my weight *if it’s a problem for me*. My most defining moment was when I realized that if I am sexy for myself, I will exude that aura to others and they will react positively.” *Vicki, Michigan, 34, single*

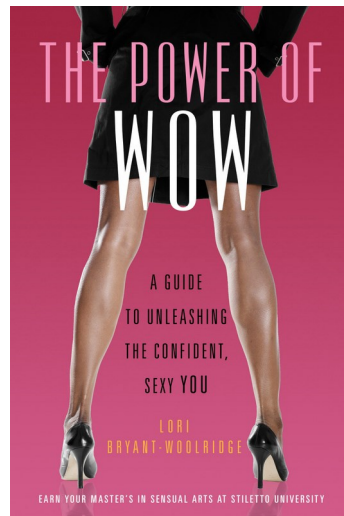
“My experience was totally positive. Sometimes I was scared and unsure but am now so happy that I stuck it out. I am continuing to learn about and relish my sensuality and sexuality. I learned that I no longer have to play small so others can feel big. I am damn fine, just the way I am. Now I love being me!” *Bella, New Jersey, 39, divorced*

“Before Stiletto U, I felt like I was wearing a mask that was a reasonable facsimile of me but it wasn’t me. Now after settling into my sensuality, I realize how hard I was trying to suppress the real me to be what others thought I should be. Now I feel empowered and fully expressed.” *LaShawn, New York, 32, single, one child*

“I love the new Wanda. I really feel good about myself. And even though the divorce has been hard, SU made me realize that I still got it, and Lori taught me how to flaunt it!” *Wanda, Georgia, 46, two kids*

## *The Power of Wow*

A GUIDE TO UNLEASHING THE CONFIDENT,  
SEXY YOU.




### **DISCLAIMER**

Your signed participation agreement acknowledges that I am not a therapist or sex expert and that any counsel on sensuality, flirting and sex, is given with the best intentions but without professional credentials, and any decisions you make and their consequences are your own.

## Stiletto University

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 [@stilettou](https://twitter.com/stilettou) #shoeboxwisdom #powerofwow

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