

SASHA FEDOROVSKY

LEADING MEN'S RELATIONSHIP & INTIMACY COACH
200+ MARRIAGES SAVED.

"SHE'LL TELL YOU WHAT YOUR THERAPIST WON'T."



MEDIA KIT



RELATIONSHIP EXPERT | SPEAKER | MEDIA COMMENTATOR

She challenges current relationship advice, reveals what women really want but won't admit and she's on a mission to help men save their marriages by becoming the leader they were born to be.

Sasha Fedorovsky is a leading men's relationship and intimacy coach, trusted by CEOs, entrepreneurs, and industry leaders around the world.

Through her signature relationship program, **The Mind Heart Method**, Sasha has helped over 200 high-achieving men bring their marriage back from the brink of divorce in under 90 days — without couples therapy, manipulation, or endless conflict.

Her specialty? Demystifying women for logically-minded men and helping them reignite the passion they thought was lost.

ABOUT SASHA



Most relationship advice ignores a key ingredient: attraction.

Without attraction, no amount of communication, tricks or therapy will fix a relationship.

The good news is - attraction can be restored very quickly when the man steps back into his masculine leadership.

Sasha -
Mind Heart Method



Described as a magnetic and dynamic speaker, Sasha will keep your listeners hooked from start to finish.

She's known to ruffle a few feathers with her straight-shooting approach, but always with respect and good humour. She provides direct answers instead of therapy language and speaks from real patterns she sees working with hundreds of men, not theory or trends.

Sasha will challenge popular relationship advice, particularly around masculine-feminine polarity, decision-making, and responsibility - but she's not here to fuel culture wars. She creates space for honest discussion, which is why her episodes spark healthy debate and repeat listens.



SPEAKING TOPICS

- **The Respected Man** – How to lead in your relationship to inspire lasting loyalty, attraction, and trust.
- **Decoding Women** – What she really wants but isn't willing to say out loud.
- **Masculine-Feminine Polarity** – Society is trying to remove polarity and it's killing desire in relationships and increasing divorce.
- **From Bedroom to Boardroom** – How to use masculine leadership to create devotion, respect, and desire while increasing your bottom line.
- **Stop Being a Yes-Man** - the number one thing killing your sex life with your wife.

CREDENTIALS & MEDIA

Professional background

Sasha is a certified coach with over a decade of experience in high-performance and men's health coaching.

She began working with business leaders in stress management and quickly identified a consistent pattern – no matter where the conversation started, it always led back to their home life.

As lead coach at a global men's health company, Sasha worked alongside specialist doctors, researchers, and psychologists, supporting men through intimacy challenges.

Across hundreds of cases she saw the same root cause again & again – suppressed emotion.

From this work, Sasha developed her signature **Mind Heart Method** – a framework that integrates masculine leadership, emotional regulation, and attraction dynamics to restore intimacy & connection.

In 2026, Sasha launches **Secrets of the Superior Man**, an online program giving married and single men the tools to become the man their woman naturally respects, loves, and follows.



➤ Over **200 marriages saved** through The Mind Heart Method - premium coaching program for influential men.

➤ **Interviewed** on leading men's performance, leadership, and relationship podcasts

➤ **2 Million+ people** reached online through viral relationship reels. Watch Sasha's [1M+ viral reel here](#)

➤ **Trusted by leaders** in finance, mining, military, media & entrepreneurship

➤ **Featured in:**

THE AUSTRALIAN BUSINESS JOURNAL

**BUSINESS
INSIDER**

ValiantCEO

AUDIENCE

FOLLOWERS

44K

AGE RANGE

35 - 60 YEARS

LOCATION

80% US & AUS

GENDER

90% MALE

ROLE

**BUSINESS LEADERS
& EXECUTIVES**



CHALLENGES

- High-performers who know how to win in their careers, but feel lost in their relationship.
- Loving husbands who work hard to protect and provide and don't understand why that effort isn't translating into respect, desire, or peace at home.

INTERESTED IN

- Leadership, performance, personal growth, becoming a high-value man

WHAT THEY WANT

- Get intimacy, respect and desire back in their relationship
- A calm, supportive home that feels like peace
- Straight-forward answers & strategies that actually work instead of therapy language

CLIENT IMPACT

”

They hadn't had sex in a year. Then, after a month working with Sasha:

We finally had sex last night. She almost initiated it, helped me get the kids to bed earlier. She had to overcome some hesitation but I just kept cuddling her and showing her my desire and then we finally made love. I've been doing what you've told me, seems like it's working. Feels like we're starting to reconnect. Thank you!!

”

She began to see him in a new light & began to soften in his presence.

Sasha, I applied a lot of your advice this week. I really think its working. We even shared a hug in bed this morning that was very soft and nice. She stopped giving me orders, she even waited for me at the entrance while I was packing to go on my work trip. She hasn't been looking down on me etc I've seen major positive changes in her attitude.

”

He'd lost her respect and she turned cold. Then this happened.

Wow! What just happened? I think you're right. She just asked if she could have some of my ice cream in the freezer. She actually ASKED me. I said 'ask really nicely'. She said 'pretty please'. I didn't answer and she did a little hop and flashed me. WTF? I haven't seen this side of her in god knows how long.

”

They were in constant conflict & nothing had helped until MHM.

Sasha, the directions you gave me yesterday were mind blowing. I started practicing them as soon as I walked out of the meeting. And it happened exactly as you said it would. She was already on the attack, I did what you said, and I literally watched her soften in front of my eyes. I actually can't believe it.

”

He hadn't received appreciation from his wife in almost a decade. Until:

Last night she thanked me for providing a life where she was able to stay home with the kids. Haven't gotten that compliment in probably 8 years!! And just generally she's expressing appreciation a lot more. Thank you for what you do.

”

He began MHM & his wife began going out of her way to thank him:

A week ago my wife would not have bothered to say thank you for anything, let alone go out of her way to thank me for making her a sandwich. I'm seeing a concerted effort in the gratitude area. The ship is starting to turn.

”

She goes against the grain of current conventional relationship advice - and it's literally saved marriages. My guys walked away with immediate value.

Joel Gandara
Author, Men's Coach
& Podcast Host

CONTACT



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