

Foundations of Ethical Dominance:

A Six-Month Professional Practice Mentorship

Programme Guide

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Welcome

Thank you for your interest in the Foundations of Ethical Dominance mentorship programme.

People are drawn towards Dominance for many different reasons and arrive with different levels of knowledge, experience, confidence, and connection to the BDSM community. You may be taking your first intentional steps, seeking structure for what you have already begun exploring, or wanting to strengthen the foundations beneath an existing practice.

Wherever you are starting from, this mentorship is built around the belief that Dominance is not simply a collection of techniques, roles, or aesthetics. It is a practice of holding power with intention, responsibility, self-awareness, and care.

Over six months, we will focus on developing the knowledge, ethical grounding, communication skills, practical understanding, and personal clarity needed to become a thoughtful and trustworthy Dominant. The aim is not to teach you to imitate somebody else's expression of Dominance, but to support you in discovering what authentic, ethical, and intentional Dominance looks like for you.

This programme is designed to provide a strong and adaptable foundation, whether your path ultimately leads towards personal dynamics, community participation, professional practice, education, or an expression of Dominance that is entirely your own.

This proposal outlines the mentorship journey and the structure through which we will explore that path together.

I look forward to the possibility of walking this journey with you.

Warmly,
Domme Claire

Where This Programme Meets You

No two people begin mentorship from exactly the same place. You may be exploring Dominance for the first time, bringing theoretical knowledge or lived experience, or seeking a clearer framework for an identity and practice that have already begun to develop.

“Foundational” does not mean beginner-only. It refers to the essential inner, relational, and ethical foundations that support responsible Dominance at every stage. This adult mentorship programme will meet you where you are while helping you identify the areas most relevant to your development.

You May Be Arriving With	
<i>Curiosity and a Desire to Learn</i>	A genuine interest in understanding Dominance, power, human behaviour, and yourself more deeply.
<i>Existing Knowledge or Experience</i>	Anything from independent research and community exposure to personal or professional experience.
<i>Questions About Your Dominant Identity</i>	A desire to understand what Dominance means to you and how you want to embody it authentically.
<i>A Desire for Greater Confidence</i>	The wish to become more assured in your communication, decision-making, boundaries, and leadership.
<i>A Commitment to Ethical Growth</i>	A willingness to reflect, receive guidance, question assumptions, and approach power with care and responsibility.

What You Will Develop	
<i>Dominant Identity and Philosophy</i>	Clarifying your values, intentions, leadership style, and personal expression of Dominance.
<i>Communication and Leadership</i>	Building confidence in communicating clearly, making thoughtful decisions, setting boundaries, and holding authority responsibly.
<i>Ethical Judgement</i>	Strengthening your understanding of consent, responsibility, self-awareness, and the consequences of holding power.
<i>Practical Understanding</i>	Connecting theory with considered, appropriate practice while learning how to plan, reflect, and develop safely.
<i>Community Awareness</i>	Learning how to navigate educational and community spaces with discernment, respect, and appropriate boundaries.
<i>Clarity About Your Future Path</i>	Exploring how Dominance may fit into your personal relationships, community involvement, educational work, professional practice, or another path that feels authentic to you.

Mentorship Vision & Outcomes

Overall Vision

The purpose of this mentorship is to provide you with a strong and sustainable foundation for ethical Dominance through personalised mentorship, structured learning, guided self-reflection, and meaningful applied learning.

Rather than focusing on techniques alone, this programme is designed to support your development as a thoughtful, self-aware, and intentional Dominant. Together, we'll explore not only how to hold power, but also the values that shape how you choose to hold it and how to develop a leadership style that feels authentic to you.

This mentorship is intended as one intentional stage in what is ultimately a lifelong journey of learning, reflection, and growth. My hope is that it equips you with the confidence, judgement, and self-awareness to continue developing long after our six months together have come to an end.

What Success Looks Like

Success will not be measured by how many techniques you learn or by external milestones such as entering professional practice. Instead, it will be reflected in the depth of your understanding, the confidence with which you lead, and the intentionality behind your decisions.

By the end of our six months together, my hope is that you will have:

A Clearer Dominant Identity

A deeper understanding of the kind of Dominant you want to become, supported by your own values, philosophy, and leadership style.

Greater Confidence & Self-Awareness

Increased confidence in your communication, decision-making, and ability to hold authority, alongside a stronger understanding of your strengths, growth areas, and personal boundaries.

A Strong Ethical Foundation

A solid understanding of consent, negotiation, responsibility, risk awareness, and ethical leadership, enabling you to approach BDSM with maturity and integrity.

Foundational Practical Knowledge

A framework for scene planning, rituals, negotiation, emotional pacing, and power exchange that can be built upon through future experience.

A Personal Roadmap for Continued Growth

A clearer sense of your next steps, whether that involves further education, community involvement, practical experience, or continued learning and development.

Most importantly, I hope you leave this mentorship not simply knowing more about Dominance, but understanding yourself more deeply as the person who chooses to hold power.

How This Mentorship Works

This mentorship has been intentionally designed to combine personalised guidance, structured learning, self-reflection, applied learning, and community-based observation. Rather than relying solely on our monthly sessions, you'll engage with a variety of learning activities that work together to support your development as a Dominant.

Each month follows the same core structure, providing both consistency and flexibility as your learning evolves.

1 x 90-Minute Personalised Mentorship Session

Our monthly one-to-one session serves as the foundation of your learning. Together, we'll explore key topics, review your progress, discuss questions and challenges, and identify the next steps in your development.

Development Practices

You'll receive personalised exercises and reflective activities designed to help you apply what we've discussed and deepen your understanding through practice.

Guided Self-Study

Each month includes carefully selected books, articles, podcasts, videos, or other educational resources that complement our discussions and encourage continued independent learning.

Community & Observation

You'll be encouraged to engage with the wider BDSM community through workshops, educational events, munches, or other opportunities for observation and learning, where appropriate and within your comfort level.

Ongoing Reflection

Reflection is woven throughout the mentorship. Through journaling, discussion, and regular review, you'll develop the habit of integrating new knowledge into your own philosophy, leadership style, and future practice.

The Four Learning Pathways

One of the things that makes this mentorship different is that learning doesn't happen through our monthly sessions alone.

Developing as a Dominant requires more than knowledge. It involves building self-awareness, applying new ideas, learning from others, and gradually developing your own authentic style through reflection and experience.

To support this process, the mentorship is built around four interconnected learning pathways. Together, they create a balanced and immersive learning experience that extends beyond our monthly conversations.

The Four Learning Pathways

Guided Mentorship

Our monthly one-to-one sessions provide personalised guidance, honest feedback, and a space to explore questions, challenges, and new ideas. Each session builds on your progress and is tailored to your individual journey.

Personal Development

Becoming a Dominant begins with developing yourself. Through reflection and practical exercises, you'll strengthen your confidence, communication, leadership, emotional awareness, and personal philosophy of Dominance.

Independent Study

You'll be introduced to carefully selected books, articles, podcasts, interviews, and other educational resources that deepen your understanding and encourage ongoing learning beyond our sessions.

Community & Observation

Learning also happens through experience. You'll be encouraged to engage with the wider BDSM community through workshops, educational events, and observation opportunities, allowing you to learn from diverse perspectives while building confidence within the community.

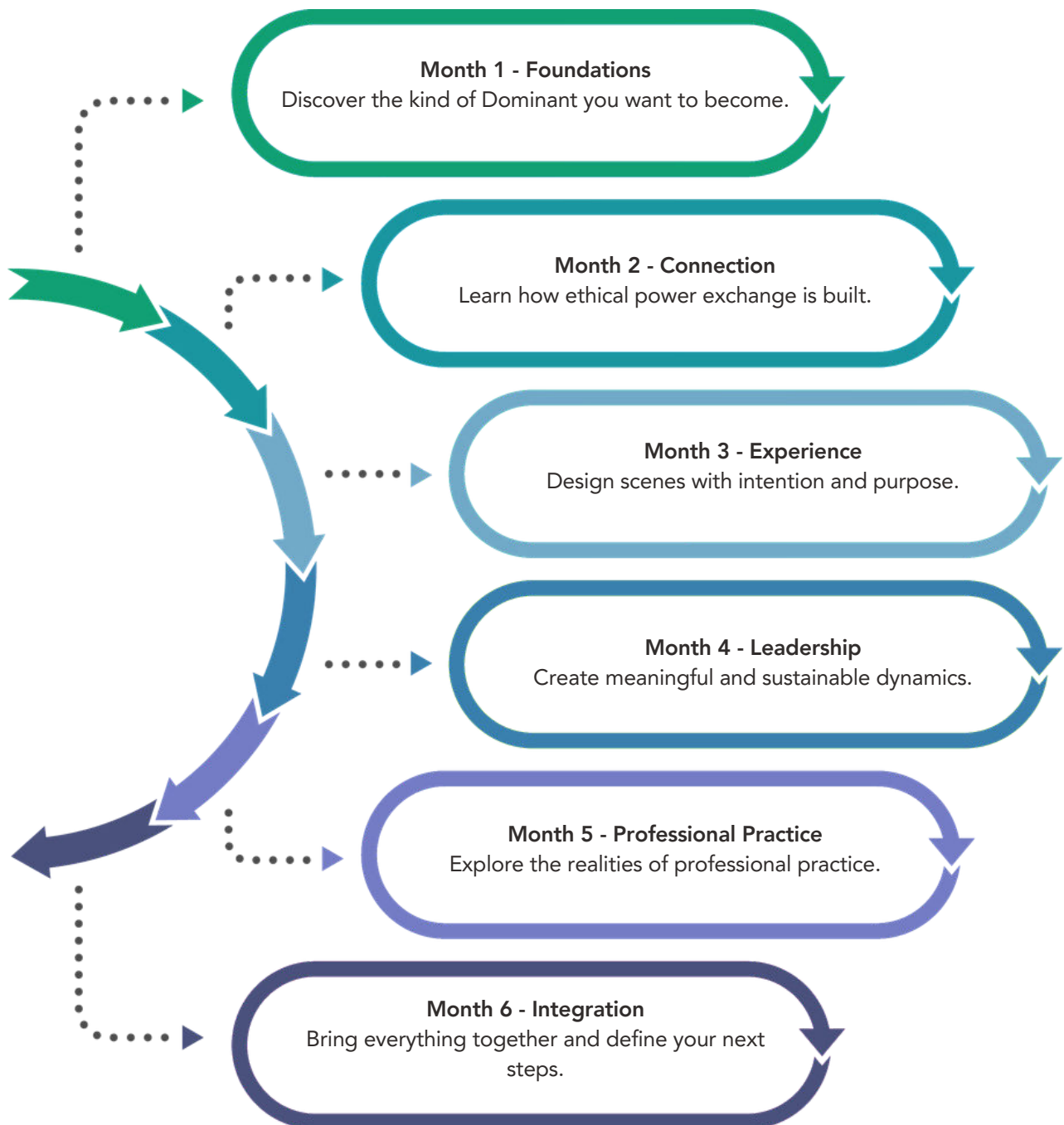
An Integrated Learning Experience

Every month combines all four learning pathways to create a well-rounded approach to growth.

No single pathway stands alone. Each complements the others, creating a mentorship experience that balances knowledge, reflection, practical application, and community-based learning.

The Journey Ahead

Over the next six months, you'll move through a carefully structured learning journey designed to build upon your knowledge, confidence, and practical understanding progressively. Each stage builds intentionally upon the last, allowing you to develop not only practical understanding, but also the self-awareness, judgement, and ethical foundation needed to grow as a thoughtful and intentional Dominant.



Six-Month Roadmap

Month 1 - Foundations 	
Purpose	Building the personal foundation upon which the rest of your mentorship will be built.
Focus	Together, we'll explore what ethical Dominance means, clarify your motivations, and begin developing your own philosophy of power, leadership, and responsibility.
Key Areas	✓ Ethical Dominance & Responsibility ✓ Personal Values & Leadership ✓ Developing Your Dominant Identity
Outcome	You'll finish the month with a clearer understanding of the kind of Dominant you want to become and the values that will guide your journey moving forward.
Month 2 - Connection 	
Purpose	Shifting your focus from developing your own identity as a Dominant to understanding how ethical relationships and power exchange are built.
Focus	We'll explore how ethical dynamics are built through communication, negotiation, consent, and trust, laying the foundations for healthy and intentional power exchange.
Key Areas	✓ Consent & Negotiation ✓ Communication & Trust ✓ Boundaries & Emotional Safety
Outcome	You'll begin developing the communication skills and ethical mindset needed to create safe, respectful, and meaningful dynamics.
Month 3 - Experience 	
Purpose	Exploring the principles of thoughtful scene design and the psychology behind creating meaningful experiences.
Focus	Rather than focusing on techniques alone, we'll explore how intention, emotional pacing, and preparation shape scenes that are engaging, immersive, and aligned with the negotiated goals of everyone involved.
Key Areas	✓ Scene Planning ✓ Emotional Pacing ✓ Intention & Atmosphere
Outcome	You'll gain a practical framework for designing scenes with greater confidence, creativity, and purpose.

Month 4 - Leadership 	
Purpose	Expanding beyond individual scenes to explore how structure, consistency, and leadership shape ongoing dynamics.
Focus	We'll examine how rituals, protocols, and intentional leadership create trust, strengthen connection, and support healthy, sustainable power exchange.
Key Areas	✓ Leadership & Authority ✓ Rituals & Protocols ✓ Dynamic Design & Structure
Outcome	You'll develop a deeper understanding of how thoughtful leadership creates connection, accountability, and long-term growth within a dynamic.
Month 5 - Professional Practice 	
Purpose	Examining the realities of professional domination and the responsibilities involved in building a sustainable practice.
Focus	We'll explore the ethical, emotional, practical, and business considerations of professional domination, helping you develop a realistic understanding of what this career truly involves.
Key Areas	✓ Professional Ethics ✓ Client Care & Boundaries ✓ Business Foundations
Outcome	You'll leave this month with a clearer understanding of professional domination and how your personal values can shape your future practice.
Month 6 - Integration 	
Purpose	Bringing together everything you've explored throughout the mentorship while reflecting on your growth and preparing for what comes next.
Focus	We'll revisit your developing philosophy of Dominance, celebrate your progress, and create a personalised roadmap to support your continued learning beyond these six months.
Key Areas	✓ Personal Reflection ✓ Revisiting Your Dominant Philosophy ✓ Planning Your Next Steps
Outcome	You'll conclude the mentorship with greater confidence, deeper self-awareness, and a clear direction for continuing your journey as an ethical and intentional Dominant.

Expectations & Commitment

Meaningful growth requires more than attending monthly sessions. This mentorship is designed as an active, collaborative learning experience, and the greatest progress comes from consistently engaging with each aspect of the process.

To get the most from our time together, I ask that you commit to the following throughout the mentorship:

Attend with Intention

Arrive prepared, present, and ready to engage openly. Our conversations will build on your reflections, experiences, and development from the previous month.

Engage with the Process

Complete your development practices, self-study, and reflection exercises to the best of your ability. These activities are where much of the learning and personal growth takes place.

Stay Curious

Approach the mentorship with an open mind and a willingness to ask questions, challenge assumptions, and explore new perspectives. Curiosity is one of the greatest strengths a Dominant can cultivate.

Be Honest

Share both your successes and your challenges openly. This is a space for learning rather than perfection, and honest reflection is often where the greatest growth occurs.

Participate in the Community

Where appropriate and within your comfort level, engage with educational opportunities in the BDSM community. Observing others and experiencing different perspectives will deepen your understanding in ways that theory alone cannot.

Respect Confidentiality

Our mentorship conversations will be treated as confidential and approached with care, creating a supportive environment for open discussion, personal reflection, and honest exploration.

Take Responsibility for Your Growth

I'll provide guidance, support, and honest feedback throughout this journey, but your development ultimately belongs to you. The more intentionally you engage with the process, the more rewarding your experience will be.

A Shared Commitment

This mentorship is built on mutual respect, trust, curiosity, and collaboration. My commitment is to provide a personalised learning experience that both supports and challenges you, while honouring your individual journey. In return, I ask that you show up with openness, consistency, and a genuine willingness to learn. Together, we'll create a space where questions are welcomed, growth is encouraged, and ethical Dominance can be explored with curiosity, integrity, and care.

Investment

Your Foundations of Ethical Dominance mentorship is a six-month, one-to-one mentorship programme designed specifically around your goals, experience, and development.

Your Mentorship Includes

- Six personalised 90-minute mentorship sessions (one session per month)
- A structured six-month learning roadmap, adapted to your goals and development
- Monthly development practices and reflective exercises
- Curated books, articles, podcasts, and educational resources
- Guidance on engaging with the BDSM community and educational opportunities
- Personalised feedback and ongoing reflection throughout the programme
- Email and WhatsApp support between sessions for brief questions and guidance (responses during business hours)

Investment

R2,500 per month

Duration: 6 months

Total Investment: R15,000

Payment is due monthly, in advance, for the duration of the mentorship.

This mentorship is intentionally kept to one session per month to allow sufficient time for reflection, self-study, and real-world application between sessions.

Once you're ready to begin, we'll schedule your first mentorship session and start building the foundations of your journey together.

Continuing Your Journey

The purpose of this mentorship is to build a strong foundation for ethical Dominance - not to teach everything there is to know about BDSM or professional practice.

Like any meaningful discipline, developing as a Dominant is an ongoing journey of learning, experience, reflection, and growth. These six months are designed to give you the knowledge, confidence, and self-awareness to take your next steps with intention.

Should you wish to continue your development beyond this mentorship, future areas of focus may include:

- Advanced scene design and psychological play
- Building and navigating ongoing D/s dynamics
- Working with submissives in real-world settings
- Professional domination and client readiness
- Business development and branding
- Advanced communication and emotional dynamics

Any future mentorship would be designed around your individual goals, experience, and stage of development, ensuring that your learning continues to evolve alongside you.

My hope is that you leave this mentorship with a strong foundation, a clear sense of direction, and the confidence to continue growing with curiosity, integrity, and intention.

Final Thoughts

Dominance is often misunderstood as confidence, control, or authority. In my experience, it is something much deeper.

Meaningful Dominance is built through curiosity, reflection, responsibility, emotional awareness, and a genuine commitment to continual growth. It is not about performing a role or having all the answers - it is about learning to hold power with intention, integrity, and care.

One of the guiding principles of my mentorship is that there is no single "right" way to be a Dominant. **My goal is not to teach you to become a copy of me**, but to help you discover, refine, and confidently embody the kind of Dominant that is authentic to you.

Growth is rarely linear, and some of the most valuable lessons come through reflection, experience, and the willingness to remain curious. My hope is that this mentorship gives you not only knowledge, but also the confidence and self-awareness to continue developing long after our time together has come to an end.

Thank you for considering me as a mentor for this part of your journey. Should we choose to work together, the curiosity, humility, and thoughtfulness you bring to the process will help us build a strong foundation for the path ahead.

Wherever that journey leads, I hope you remember that ethical Dominance is not simply something you do - it is something you continually develop.

I look forward to the possibility of walking this next chapter with you.

With respect,
Domme Claire