

## **Abstract**

What is sexual agency and how can it be transformative? Agency is the way in which we utilize our personal will in the world (Green, 2022). Sexuality is an inward and outward expression of the sexual beingness. Sexual agency is how the sexual self presents in active consideration and practice through expression of desires, personal empowerment, and choice. Through this qualitative pilot study (McGregor, 2021) of 7 women between the ages of 35 and 56, the transformational process became outlined. The result of the in-depth interviews with the participants there became evident catalysts towards the prioritization of sexual agency, two distinct personality types emerged, and extensive effects toward the totality of their lives. Key underlying assumptions of this research were that each individual practice self-awareness, is sexually empowered in their life at the time of the interview and considered themselves a spiritually minded person. The pilot study contributed key information towards the dissertation study of which data collection is complete and is in process of analysis. This qualitative group case study has been enacted through a 6 to 8-hour intervention workshop. Through a developmental model of transformative learning theory (Buechner et al., 2020), the researcher taught and promoted integrated learning which focused on promoting sexual agency in the participants. The outline of the intervention included women's sexual history, objectification culture and reflective sexuality, embodiment and spiritual potential, discernment and desire, and healthy sexual expression. The measurement of change is determined by psychological agency and comparatively analyzed through thematic content analysis.