


de·sire

/dəˈzɪ(ə)r/ 

noun

1. a strong feeling of wanting to have something or wishing for something to happen.
"a desire to work in the dirt with your bare hands"
synonyms: wish, want, aspiration, fancy, inclination, impulse; [More](#)

verb

1. strongly wish for or want (something).
"he never achieved the status he so desired"
synonyms: want, wish for, long for, yearn for, **crave**, hanker after, be desperate for, be bent on, covet, aspire to; [More](#)

The Anatomy of Desire:

For female business leaders who want a more passionate, powerful, and fulfilling work life

Desire gets a bad rap. It can feel threatening, overwhelming. Like we're asking for too much. Like we're *feeling* too much. Like we're losing our minds.

So, too often, we repress our desires. Or water them down. Or maybe, we pretend we don't have them at all. And then we wonder why our lives feel flat, why we feel exhausted or uninspired. As if we have no gas in our tank.

It's because desire is fuel – it is an essential part of your inner inspiration system.

Desire isn't just something we feel in our intimate life – it's a part of every aspect of our lives. It infuses your work life with creativity and passion. Has you feel more alive at the end of the day, instead of worn down. Introduces the possibility of taking pleasure in your work, and feeling a level of joy and satisfaction that you might think is reserved for the more private, personal parts of your life.

"I love the exquisite paradox of deep desire, wild dreams and wants, alongside deep contentment and satisfaction – knowing these things can co-exist is a game-changer in my life, and I know it will be a powerful addition for the women at my upcoming event. I can't wait to have you as a speaker at the first Camp Star Heart!"

-- Allison Crow Flanigin, Soul-Full Living

I'd like to offer your group an interactive session that combines conversation with experiential (and fun!) exercises, and gives participants the opportunity to connect more deeply with their desires, explore the source of passion and purpose, and learn how to infuse desire into their businesses – and the rest of their lives.

“Monica's presentation was powerful and enlightening. The fact that desire can act as fuel to your vision and creativity was a totally new and expanded concept for me. A few years ago it was noted in the Harvard Business Review that many women executives outshine their male counterparts in all areas of leadership...except visioning. I think now that this is because so many women have a complicated relationship with their desires – and often hide or ignore them, rather than acknowledge and use them to develop their vision. Monica taught us that our desires are a powerful and necessary ingredient of our success, and that witnessing and sharing them is the first step to bringing our vision to life.”

-- Varian C. Brandon
Sr. Strategic Account Executive

When you return on Monday – it will be clear that *something* about you is different, though no one will know exactly what it is.

You will seem more confident and secure.
Your creativity will be more easily engaged and shared.
Your purpose will seem more clear, your intuition more on, and your manner, more powerful.

You will have the opportunity and guidance needed to:

- Hone your intuition
- Ask for what you want
- Trust your “gut” when faced with complex choices
- Enhance your ability to have challenging conversations
- Bring more ease and fluidity to all of your interactions
- Feel more powerful when the stakes are high
- Express yourself more fully
- Increase your confidence and charisma
- Assume leadership more naturally and authentically
- Develop and implement your vision more easily

ABOUT MONICA DAY



Monica Day coaches and consults with individuals and couples, solopreneurs and professional organizations, business leaders and social change activists, and everything in between. She is a dynamic speaker and workshop leader with over 25 years experience in creating a safe space where people can identify more of what they want, express more of what they feel, and create a more fulfilled life. By forging powerful links between the private self to the public self, clients eventually realize an unprecedented feeling of wholeness that is life-changing. Her coaching is based on the premise that the more connected we are to every part of ourselves, the more connected we can be with one another, and the bigger impact we can have during our time here on the planet. In addition to her coaching and consulting practice, Monica runs Ducky Life Tea with her two daughters, and will be releasing her first book, in the Fall of 2017.

To book Monica for your event, please contact her at monicadaycoach@gmail.com or 215-901-1327.