

# Further Up

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PRESENTS



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## FAITH HOSKINS THOUGHT LEADER

### EMPOWERING WOMEN TO STAY CONNECTED TO THEMSELVES



FOR MOTHERS, STAYING CONNECTED TO OUR DESIRES IS CHALLENGING. WHEN ASKED, MOST OF US WILL SAY, **"I DON'T KNOW WHAT I WANT. I HAVEN'T EVEN ASKED MYSELF THAT QUESTION IN A LONG TIME."**

Keynote Public Speaker  
Small Group Speaker  
Training/Group Coaching  
Individual Coaching

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# CONNECTING WITH YOUR DESIRES



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For mothers, staying connected to our desires is challenging. When asked, most of us will say, "*I don't know what I want. I haven't even asked myself that question in a long time.*"



Which makes sense. Our society **praises mothers for their sacrifice** for their family, and rightly so. But if a woman dares consider what *she* wants, **she is labeled as selfish and inconsiderate.**



The result: **women who are living disembodied lives, ignoring their own desires.** Women who push their deepest wants further and further away until they are so disconnected from them, they don't even know they exist.



But I'm here to tell you, it doesn't have to be this way. You can be an **incredible mom AND be connected to your desires.** They are not at odds. In fact, I am arguing **they are vitally connected.**



# By connecting with your desires...

- You will feel the rush of what it means to be alive, connecting to the sensations of what it feels like to **WANT** something.
- You will gain the **power to choose** to *act on behalf of your desires* or simply *support yourself in the disappointment of not having them*.
- You will **be an example to your children** of how their desires matter.
- You will begin to **voice your own wants and needs** when needed.
- You will **prioritize your own self-care**, enabling you to serve those you love at a higher level.
- You will be able to **discern between serving out of love and serving out of pressure, guilt, and obligation**. And then choose LOVE.
- You will discern the difference between what you want to do and what you think you should do, giving you the **freedom to act in love rather than people pleasing behaviors**.
- Distinguish between *strong desires* and *deepest desires*, so that you can **make choices that align with your highest values**.



## CONTACT ME

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