

DESIREE W. MS MBA



@dezwmmba

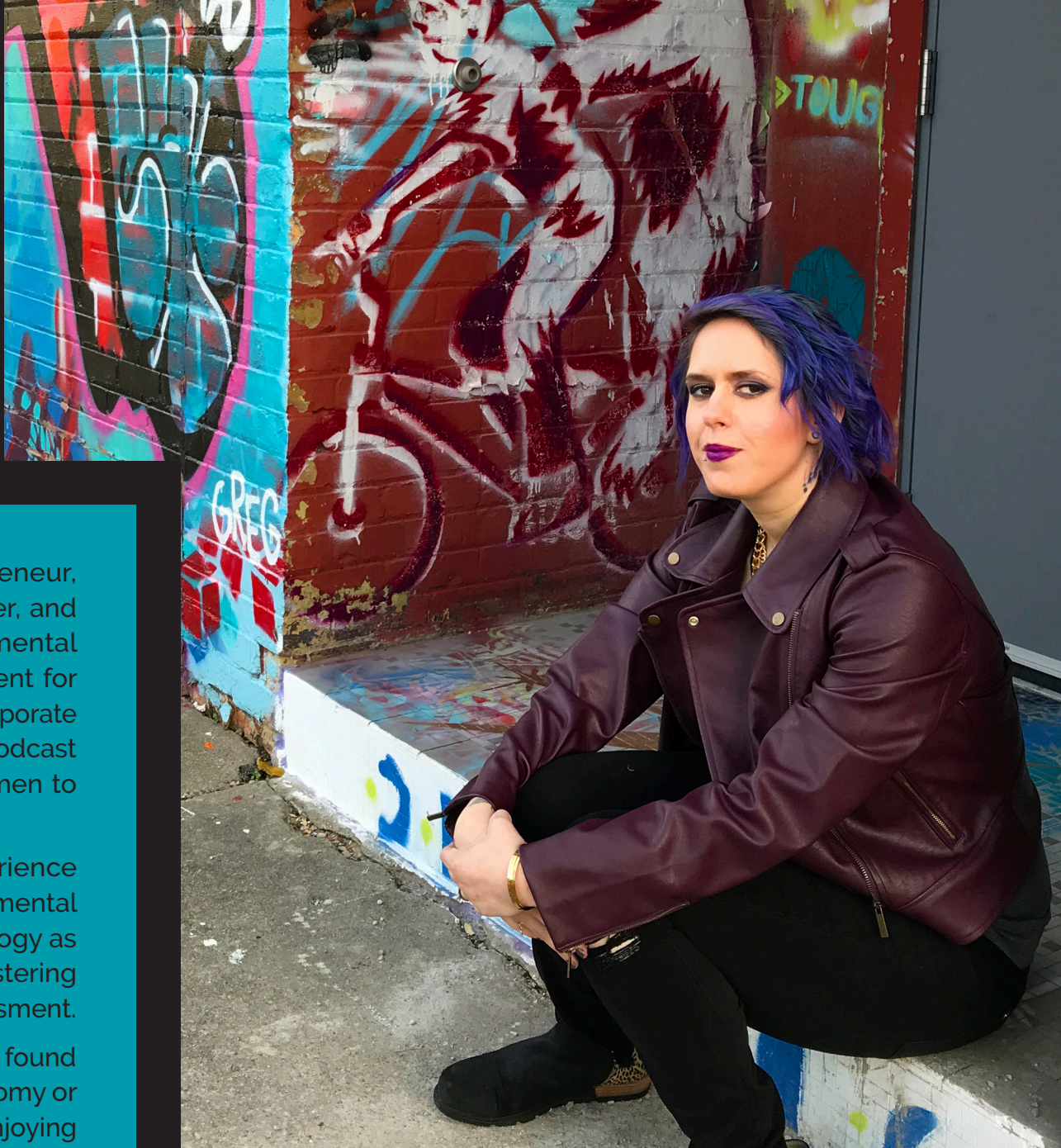
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DESIREE W. ABOUT

Desiree Wiercyski, MS, MBA, is an entrepreneur, mental health advocate, podcast host, writer, and speaker, who combines her expertise in mental health, marketing, and business development for entrepreneurs, small business owners, and corporate teams. She's the host of Sugar and Spikes, a podcast for entrepreneurial and career focused women to reach their next level.

Desiree has over 11 years combined experience as a marketing professional and in clinical mental health. She holds her MS in Applied Psychology as well as her MBA and is accredited in administering and interpreting the Facet5 personality assessment.

When she's not working, Desiree can likely be found cuddling with her pup, watching Grey's Anatomy or any of the Real Housewives franchises, and enjoying a good martini. You've seen Desiree in Brit+Co, Bustle, Huffington Post, WebMD, and more.



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DESIREE W.

AREAS OF FOCUS

Desiree is available to speak and write on the following topics:



BUSINESS

- Diversity in the workplace
- Leadership development
- Social media marketing
- Running a successful side hustle
- Managing burnout and overwhelm



MENTAL HEALTH

- Mindfulness practices
- Personality features and tests
- Mental health in business
- Body image and confidence
- Client and provider experiences



LIFESTYLE

- Being a married millennial
- Counter-cultural life choices
- Everyday fitness
- Living with student loans
- Child-free choices



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As SEEN IN:

BRIT+CO

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