

# KEYNOTES • SEMINARS • WORKSHOPS

## **ASK, GET IT, REPEAT: Ask for What You Want... and GET IT!!!**

We have all been misled for generations. You see, as kids, Disney told us, “When you wish upon a star, makes no difference who you are, your dream comes true.” So we laid in bed at night and wished. And crossed our fingers. And hoped. And waited.

For a seven year old, wishing for a puppy is one thing, but as an adult we know we do not get the things we wish for, *we get the things we ask for in life*. Consider... The job. The promotion. The raise. The date. The lead. What things do you want right now?

In “**ASK for What You Want... and GET IT!!!**,” you will learn HOW to ask for what you want. No more fingers crossed, wishing on a star, and hoping. The future belongs to those who ask. Are you ready to ask? Let's get started!

## **KILLER CONFIDENCE: 3 Secrets to Feel Instantly Confident**

For way too long people have been under the misguided notion that confidence is given only to those who are blessed or worthy or tall or smart or     (you fill in the blank here)    .

This misguided mindset leaves too many people believing that confidence is for others. Now, hold on to your chair because I am going to blow your mind (cue sound track of explosion music)...

“Confidence is nothing more than a skill set.” It is true, confidence is a learned skill.

Learning how to be confident is the same as when you learned to tie your shoes, make a bed, balance your checkbook, and do long division. Confidence is simply a learned skill.

In “**POWER POSE: 3 Secrets to Feel Instantly Confident**,” you will learn how to build your confidence skill set. Wear comfortable shoes, we are going to cover a lot of ground!

## **GET IT DONE: Real Results with Velocity!!!**

Action is the key to your success. All the planning, prepping and “thinking about” will never give you the results you desire unless you move into action. Action is the key to your success.

The truth is, your future depends on your ability to perform. This program is filled with information and action steps that will give participants the power to be effective in all areas of their lives. These are real-world strategies and solutions that can help you live a better life and advance your career.

In “**Get It Done: Real Results with Velocity**,” you will be challenged and inspired to take action so that you can achieve results with velocity. Imagine walking up in the morning knowing that you are moving forward in achieving your biggest goals... now that is the way to live!!!

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## **Say YES! Let Your Voice Be Heard!**

It is a chronic problem. People regularly allow past failures to hold them back from being a powerful leaders. They stop speaking up because they are afraid of being wrong again and don't want to risk not looking good. They stop letting their voice be heard powerfully. And because they are holding back their thoughts, opinions and ideas, their accomplishments never seem to meet their expectations. It is a frustrating and endless cycle.

Is perfectionism is getting in the way of you being productive? Are you missing out on the joy of winning? Don't let the past define your future. In this program you will gets the keys to awaken the power within you and learn how to step boldly into a new future.

In, "Say YES! Let Your Voice Be Heard," you will learn how to let go of the old patterns and embrace new bold actions. It is time to break free of this cycle... It is time to step out powerfully and be heard!

## **QUIET YOUR FEARS: BREAK OUT! BREAK THROUGH! BREAK FREE!**

What in your life are you tolerating? Take a moment and think about it...  
Are you creating your life or tolerating your life? **IT IS TIME TO MAKE YOUR MARK!**

Imagine the impact you would have on your career if you could learn to lead with courage, confidence and clarity. Think about what it would feel like to quiet your fears and get unstuck. During this program you will learn effective tools to move into action, to own your accomplishments and to truly experience the joy of success.

In "Quiet Your Fears: Break Out! Break Through! Break Free!," you will learn to powerfully break away from old patterns that keep you stuck and learn to create a life that fills you up! Come with me, it is time to break free!

## **STOP WAITING... THIS IS YOUR MOMENT!**

You know that thought, "I will do it tomorrow." Well here's the thing, "tomorrow" never comes. If you want to make your mark, today's action is the key to your success. All the planning, prepping, and "thinking about it" will never give you the results you desire unless you move into action.

Diane will share with you the secrets of learning to recognize that obstacles that stop and slow you down. You'll discover how to take action on the things that matter most to you in your life and business. Imagine walking up in the morning knowing that you are moving forward in achieving your biggest goals... now that is the way to live!!!

"Stop Waiting... This is Your Moment," is an action packed program that will teach you the tools to make your mark and create the business and life you love today!

## Partial Client List:

Bank of America LEAD  
Frost Bank  
US Chamber of Commerce Foundation  
Texas Chamber of Commerce Executives  
Metroport Women's Business Conference  
Collin County Women's Summit  
Mansfield Chamber - Women's Division  
Grapevine Chamber - Women's Division  
WOVI - Women of Visionary Influence  
Granbury Chamber - Women's Division  
ABWN Area Business Women's Network  
The Soroptimist Club  
Plaid for Women  
ABWA American Business Women's Assoc.  
Paluxy River Children's Advocacy Center  
Labinal Power Systems

## The Perfect Conversation for:

Women' Conferences  
Associations and Chambers of Commerce  
Healthcare and Medial Professions  
Industry and Professional conferences  
Business Leaders and Executives  
Small Business Owners and Entrepreneurs  
Human Resource Professional

## I Speak on Topics Related to:

Moving Through Fear Successfully  
Breaking Through Barriers  
Confidence, Clarity and Courage  
Getting Result with Velocity  
Asking for What You Want... And Getting It

Diane is a dynamic, fun and engaging speaker. At every event Diane is committed to giving a powerful training that is told with humor and insight. Each talk is sprinkled with personal stories about herself and the people in her life. Real life experiences, struggles and lessons that people can relate to and learn from. She teaches tools that translate into results.

Diane has a rich and diverse background. After graduating from the University of Minnesota, Mankato and attending the University of Minnesota Graduate Program of Long Term Care and Management, she started her career in the Healthcare Industry. She successfully worked with culturally diverse staffs to improve workflow, productivity and care through process re-engineering and innovative training programs She managed budgets of \$3-7 million and staff of 80-130 people.

Diane has been a practitioner and teacher of personal transformation for over fifteen years. She has a strong private coaching business. Her clients are professionals and business owners from many different industries, job titles, and professions. They are smart, success oriented, high achievers who want more out of their business, career and life. Diane's business is dedicated to teaching people how to ask for what they want, to overcome obstacles, and achieve targeted results with velocity while feeling joy in the process. Her proven methods and programs provide her clients with the clarity, courage and confidence to meet their goals.

Whether Diane is speaking to a large audience, teaching a course or talking over a cup of coffee with one person — the message will resonate.

