



From the chaos of the emergency room to the calm of her yoga mat, professional speaker, published author, certified yoga teacher, and life coach **Diane Sieg** will give you life-saving strategies by showing you how to take care of yourself, take charge of your life, and take daily action!

With high energy and heartfelt stories, her opening keynote sets a positive tone to start your meeting or her closing keynote ends your conference with a bang, sending your group home with a clear and strong message about the importance of life balance and self care.

Audiences leave with the permission and practical skills they need to be more authentic, productive, and balanced in every area of their lives. Diane holds the Certified Speaking Professional (CSP) designation, the highest certification for a speaking professional, earned by less than 10% of the professional speakers in the world.

As an emergency room nurse for over 20 years, I have seen it all. The 40-year-old executive who fell asleep at the wheel because she was too tired. The electrician with 80 percent of his body burned because he got too distracted. The young mother of four who ignored the lump in her breast the size of a grapefruit! So many of the patients I treated had one common denominator—they were trying to do too much, too fast, too often. All were living in chaos!

Although I literally put people back together in the ER, I have always been more interested in empowering people to breakthrough and take care of themselves before they break down. As a professional speaker since 1996, I have spoken to thousands of men and women in health care, sales, banking and women's conferences. I have also been involved in the health and fitness field for over 20 ye...

Diane Sieg

Speech Topics

- Virtual Keynotes
- Personal Growth
- Motivation
- Management
- Life Balance
- Inspiration



Testimonials

"Thank you for such a wonderful talk on Friday. It was the best ending to a conference to date. I have been getting up earlier (which is not my favorite) to do my practice. I know it has only been 6 days but I have become more aware of how last minute, run out the door I am. I love the breathing technique".

- Reproductive Health Conference Attendee.

"You were speaking directly to me with your Chaos to Calm program this week! I have lost 100 pounds and instead of appreciating it, I have been beating myself up for not losing the last 20. Thank you for helping me focus on myself and giving me a tool to keep working towards my goal(s)."

- Safeco Conference Attendee.