



Diane Sieg, RN, CYT, CSP

Speaking Topics:

Stop Living Life Like an EMERGENCY!

Rescue Strategies for the Overworked and Overwhelmed

Based on Diane's bestselling book of the same title, this is her most popular keynote to show you how to stay out of the emergency room of life! With humor injected stories from the emergency room, audiences come away from this upbeat and high energy program with a renewed energy and enthusiasm for self care by learning how and why to say no; triage their daily activities; eliminate the energy drainers; use OPT (other people's time and energy); eliminate excuses, and most importantly commit to action!

Attendees leave this program saying, "*You were speaking directly to me today. How did you know?*" and "*WOW. I really got a wake-up call!*". This unique and thought-provoking program will allow you to be more productive, effective and authentic in every area of your life with a greater work/life balance! Perfect for opening your conference to set the tone of appreciation and self-care, or to end your conference with a bang and an "*I can do it!*" attitude.

Finding Your Voice in Work, Love, and Money

This candid and humorous keynote offers practical and straightforward tools to help you find your voice and speak your truth in every area of your life. Diane uses self-revealing assessments, concrete strategies, and real-life examples to show women how to take care of what is most important: *themselves*.

Diane will help you rediscover who you are and who you have always been, from the inside out—not by focusing on getting more done, but by demonstrating how to break free of old fears, insecurities, and destructive patterns and belief systems that cause you to lose your voice. In this high energy and interactive program you will learn how to listen to your inside voice, speak your truth out loud, and trust yourself to live it!

Perfect for Women's, Healthcare, and Wellness Conferences. Empowered attendees leave this program saying, "*I know exactly what I need to go home and do!*" "*I never realized how angry I was until today!*" "*Thank you for being so vulnerable because you allowed me to be vulnerable too!*"

Reclaiming the Spirit of Nursing

Do you remember when you first decided to become a nurse? For most, the decision was a defining moment—not only for you, but for every hand you have held, every brow you have wiped and every tear you have shared with patients and their families since. Still, short staffing, increased acuities and complexities of care provide daunting challenges for nursing leaders everywhere. Let Diane challenge and inspire you to reclaim your passion and pride for nursing so that you can continue to inspire your staff, your peers and most importantly, yourself!

Perfect for Nurses Week celebrations, special appreciation and awards banquets, or whenever a dose of inspiration and motivation is needed.

Finding Grace in *This Place*

These are uncertain and challenging times we live in today. With the transitions we are all going through in this “new normal” we find our patients and ourselves living with fear, uncertainty, and angst while grieving the “good old days.” Whatever place you are in-- unemployed, under-employed, struggling in a relationship or with your weight, now is the perfect time to find grace: elegance in action.

The grace program leads you through a series of grounding and empowering activities that support you in setting an intention in your life and focusing on it for 30 minutes a day for 30 days—with remarkable results including weight loss, relationship healing, and increased sales. Learn not only just how to do the practice, but the empowering results that you can achieve by doing it. This program is based on the recently released CD, ***30 Days to Grace; A Daily Practice to Achieve Your Ultimate Goals.***

The Depression Cure

Diane has been involved in a ground breaking program at the Wellness Treatment Center, an IOP in Denver, Colorado based on Steve Ilardi's latest book, **The Depression Cure**. The Center provides a comprehensive treatment system for individuals with behavioral health conditions uses the TLC program, (Therapeutic Lifestyle Change) incorporating six lifestyle choices that include nutrition, exercise, sleep habits, social interaction, meaningful activity and light therapy. Remarkable results have been achieved when these lifestyle choices are practiced on a consistent, and specific basis.

We all know these healthy lifestyle choices will “help” mental illness, but the cumulative effect of practicing these choices are amazingly empowering as people take control of their lives and avoiding additional medications and more aggressive treatment options.

The statistics based on Dr Ilardi's research is impressive, but learn how Diane has personally witnessed the success of both her clients and herself with the use of this program, and how the TLC program can benefit anyone, clinically depressed or not.

Anatomy of a Dysfunctional Team

Today, the power of a healthy and highly effective team is more important than ever. True teamwork contributes to the bottom line and creates not only job fulfillment, but also goal fulfillment.

If your organization is struggling to accomplish its goals, or trying to work through a transition due to change of ownership, new direction, or downsizing, Diane Sieg can help you create and sustain your ideal team. Specializing in healthcare organizations, Diane facilitates staff, leaders and board members in finding their voice—both individually and as a team—to move through tough transitions using assessments, focus groups, conflict management skills, and thematic goal setting.

Finding your voice in your organization means finding your power, purpose, and presence in your work every single day, and requires the group support of a highly functional team. Building

a successful team is not complicated, but it does take discipline and focus, and Diane's facilitation can provide the necessary structure and direction by showing you how to:

- Communicate more effectively and efficiently
- Learn the importance of trust in a team
- Master conflict management skills
- Understand the importance of accountability
- Practice the power of full engagement and full commitment
- Identify thematic goals
- Prioritize the team

"Teamwork remains the one sustainable competitive advantage that has been largely untapped"

-Patrick Lencioni, *Overcoming the Five Dysfunctions of a Team*