

# Diane Sieg

Speaker | Author | Life-Saving Expert

Take Care of Yourself!  
Take Charge of Your Life!  
Take Life-Saving Action!

## From CHAOS to CALM

A former ER Nurse's prescription to energize performance in every area of your life.

Many of us are living a "new normal" these days, faced with difficult transitions and struggling with fear, uncertainty, and chaos, while trying to do more, better, faster—with less.

Whatever place you are in right now—understaffed, overwhelmed, stressed out or burned out—embrace this perfect storm to go from chaos to calm.

With her unique and high-energy program, Diane helps you experience:

- <sup>35</sup>/<sub>17</sub> CHAOS is a choice
- <sup>35</sup>/<sub>17</sub> The power of living with intention
- <sup>35</sup>/<sub>17</sub> A life-changing daily practice to support CALM

Your personal prescription for moving from CHAOS to CALM will change your life the moment you start using it. And there's no co-pay!

From the chaos of the emergency room to the calm of her yoga mat, registered nurse, professional speaker, published author, life coach and yoga teacher Diane Sieg shows you how to take care, take charge and take action in your life!

Diane holds the Certified Speaking Professional (CSP) designation, the highest credential earned by less than 10% of the professional speakers in the world.



"You have the wonderful ability to engage the audience by being yourself and not forcing extra energy into the presentation... I can't think of the last time a keynote made me feel both calm and energized versus receiving a quick 'gotta get 'er done' jolt."

Jennifer Goodhope  
Associate Program Manager  
Safeco



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