

Diane Sieg, RN, CLC

Professional Speaker • Lifestyle Counselor

Diane Sieg works with people who want to STOP living their lives like an EMERGENCY!

***How often do you find yourself saying,
“When things slow down I will . . .”***

*. . . exercise . . . get more sleep . . .
. . . read a novel . . . take better care of myself . . .*

Emergency living is full of panic, chaos and crisis care-taking. It prevents us from paying attention and living with intention. As an Emergency Room nurse for over 20 years, Diane knows how 5 minutes can mean the difference between life and death. But 5 minutes taken for ourselves can also make an incredible difference in our everyday lives. Diane can show you why we have to STOP to keep GOING.

MOST REQUESTED PROGRAMS:

STOP Living Your Life Like an Emergency!

Are you always trying to do more, be more, have more? Identify your specific challenges and develop an action plan you can take home today to help you give up the struggle and overwhelm of emergency living. You will come away from this upbeat program with renewed energy and enthusiasm and have more to give in all the areas of your life by learning how to:

- Wake Up Before You Wear Out!
- Resolve Your Energy Crisis
- Live Your Commitment Every Day

Break Through Before You Break Down:

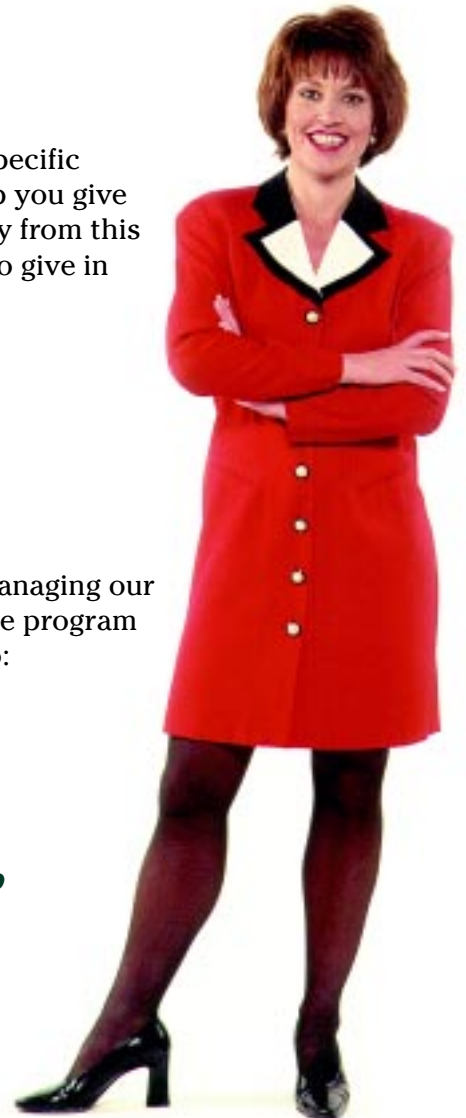
Seven Strategies for Ruthless Self Care!

The crazy lifestyles most of us lead today require us to be *ruthless* in managing our time, our stress and most importantly, ourselves! This highly interactive program gives you the skills to practice *ruthless* self care by showing you how to:

- Give up the Guilt
- Just Say No!
- Eliminate and Terminate

***Book Diane for:
Keynotes . . .
Seminars . . .
Corporate Retreats . . .***

Diane understands what it's like to struggle with balance issues after years of “overdoing it” herself with work, social commitments, and even exercise!





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Partial Client List:

- University of Northern Colorado
- USAA Property and Casualty Insurance
- Rose Medical Center
- International Association for Exposition Management
- American Wholehealth Corporation
- Longmont United Hospital
- Aurora Public Schools

What Clients are saying:

“Your topic helped inspire and focus the group to value themselves individually . . . You have a natural talent to foster trust, self-expression and staff bonding.”

— Janis Bodley RN MS
Longmont United Hospital

“You were moving, motivating and a lot of fun! I will take several of your points with me, and most of all, the reminder to take time for myself — every day.

— Steve Sealy
Convergent Training Group

“Your presentation provided our members with take-home practical skills . . . It was obvious that you could empathize with their issues . . .”

— Sue Merrell, CMA
Colorado Society of Medical Assistants

For Contact Information:

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