



CAPITOL CITY SPEAKERS BUREAU

We help you thrill your audience!



Diane Sieg, RN

Travels from: Colorado

Fee Range: \$5,001 - \$7,500

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

Although she literally puts people back together in the ER, she has always been more interested in empowering people to breakthrough and take care of themselves before they break down. As a professional speaker for the past 12 years, Diane has spoken to thousands of men and women in health care, sales and education. She has also been involved in the health and fitness field for over 20 years, as a lifesaving coach, seminar leader, personal trainer, and fitness instructor teaching everything from kick-boxing to her current practice of yoga.

Diane's first book, *STOP Living Life Like an Emergency*, illustrates and identifies how so many of us were living in such a frenetic state of more, better, faster. In her soon to be published self-help memoir, *Voice Lessons: How to Stand Up, Show Up, and Speak Up in Your Everyday Life*, Diane provides practical strategies and provocative questions to empower women to find their voice in all the areas of their lives from relationships to work and from sex to money.

After practicing yoga on and off for many years, Diane completed her certified teacher training at Samhadi Center for Yoga in Denver, Colorado in 2006. She teaches a variety of levels mostly in the vinyasa style, which means flow. Her classes have a gentle intensity with a flow of movement to build core strength, as well as flexibility in the spine, joints, and most importantly, the mind. This practice encourages a meditation in movement where you can allow yourself to get out of your head and into your body by being present to your breath, your strength and your flexibility.

Diane's professional memberships include the National Speakers Association, National Speakers Association-Colorado, Colorado Author's League, American Association of Lifestyle Counselors and the Sigma Theta Tau Honorary Nursing Organization.

With high energy and heartfelt stories, Diane Sieg's 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. Audience members, from Healthcare Providers to Women Executives to Investment Bankers, leave with the permission and practical skills they need to be more authentic, productive, and balanced in every area of their lives.

Most Requested Programs...

- Stop Living Life Like an EMERGENCY! : Rescue Strategies for the Overworked and Overwhelmed
- Finding Your Voice in Work, Love, and Play