

## *From CHAOS to CALM*

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

With the transitions we are all facing in this “new normal” we find ourselves living with a lot of fear, uncertainty, and chaos, trying to do more, better, faster -with less.

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

In Diane's unique and high energy program you will learn:

- CHAOS is a choice
- The power of living with intention
- A life-changing daily practice to support CALM

Your personal prescription to go 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 certification for a speaking professional, 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



Diane Sieg RN, CYT, CSP  
303-321-1010 ♦ Toll-Free 888-586-8092  
diane@dianesieg.com ♦ [www.dianesieg.com](http://www.dianesieg.com)

