

Diane Randall Consults

Whole Living Consultant and Workshop Presenter

Media Kit



"Whether it is about life balance, health or self-care, my favorite wellness conversations have to do with well-being. It's exciting to see what happens when we take the time to focus and act upon what we really want in order to realize our true goals."

-Diane Randall

From health crisis to globetrotting health consultant: sharing my wellness story

Diane Randall
consults

Taking small steps
Towards a huge life



Included in this Media Kit

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The Jumpstart: Finding your motivation and making real change

Finding Fulfillment at Midlife

Living Your Vision: Create Your Ideal Life Scene

What Are You REALLY Craving: When you overeat, or overindulge, what are you really hungry for?

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About Diane Randall

From health crisis to globetrotting health consultant: my wellness story

As a working mother, an on-the-road SAP Consultant, corporate trainer, coach and entrepreneur, I've played all or most of those roles at the same time for more than two decades with a commitment to wellness and a balanced lifestyle and now I can help you achieve the same.



The year was 1991.

I was a young divorced mom of two living in St. Louis, Missouri, working a high-stress job as a systems engineer. I knew I wasn't taking great care of myself, but felt there was little I could do about it. High cholesterol, high blood pressure, unhealthy weight... the list went on. I was dumbstruck. There had been a history of unexpected health problems in my family – and my sister had passed away too young at 19 – but I never thought I would be facing one of my own.

Then, a fateful doctor visit revealed just how much of a toll my life was taking on my body.

So I began researching and educating myself about ways to stay healthy, and started making shifts in every direction – from my food to my workouts to my career. I found an amazing new job in Chicago, moved my family there, and eventually started my own technology consulting business.

That's when my road really began.

I enrolled at Coach University, followed by training for a Guiding Mindful Change coach certification with Active Living Every Day. After attending the Institute of Integrative Nutrition in New York City; to pull it all together, I completed a Master's Degree in Spiritual Psychology.

Finally, I realized: I was living the life I'd envisioned.

While my education played a huge role, it was the mindset shifts and small steps that transformed me the most. I learned how to plan ahead to stay healthy no matter where I was or what I was doing. I found the courage to stand up for my needs, and build a schedule that didn't exhaust me. Now, it's my mission to help others realize how to do the same – without the long road to get there.

As a Whole Living Consultant and Workshop Presenter I travel the world leading workshops guiding audiences, and conducting 1-1 sessions with a goal:

To help more professionals with demanding schedules live healthier, while simultaneously creating lifestyles they truly love.

Recent Media

Workshops Presented at Companies:



Contributed articles and ideas for:



The Active Times:



Diane interviewed for article:

[How to Build Healthy Habits that Will Last for Life by Katie Rosenbrock](#)

“The first step in this process, says [Diane Randall](#), a lifestyle coach and consultant who works to help people find a healthy balance between their work and their “real lives,” is to understand what’s important to you.” Read more...

AHHA: Diane’s article: [Practical Steps for Creating a Balanced Life](#)

New York Times:

Diane is mentioned by a client in the article: [Skilled Traveler? Good Coach](#)

Consulting Magazine: Diane’s tips: [Energy-Boosting Tips for Busy People](#)



Choice Magazine: printed my article in 2006, see page 28, and already it has received national recognition. Life Accelerated was selected by Choice – the Magazine of Professional Coaching as one of their best, unique coaching practices. Note: Life Accelerated was my former coaching business.



Balance Magazine: article on page 75

(Click on Choice or Balance Magazine picture for a downloadable pdf copy, it takes a moment to load)

Interview Topics and Q & A

Interview Topics

- How the true meaning of action, and shifts can create real change in your life
- How to create a career and life with purpose, meaning, and fulfillment
- Release blocks that keep you stuck, take inspired Actions and SOAR!
- How cravings directly reflect the way the rest of your life unfolds

Q&A

Q - How did you get into the health, wellness and life balance?

A - My own path to well-being began when I experienced high cholesterol, high blood pressure, unhealthy weight... the list went on. There had been a history of unexpected health problems in my family – and my sister had passed away too young at 19 – but I never thought I would be facing my own during the height of my technology consulting career. This experience could have derailed me personally and professionally, but instead I used it as a wake-up call to lead a more fulfilling and balanced life. I realized that professional success alone would not sustain me and I needed to change if I wanted to be around for my children. So I now use my vitality and ability to overcome challenges to help high level professionals strike a harmonious, healthy balance between their work and their “real lives”.

Q - What kind of changes did you make in your life?

A - This theme of improvement pervades everything that I do in my life. My clients are a constant "mirror" reflecting back what I need to do in my own life to live a healthy balanced life; from my plant based diet to maintaining optimal health and well-being. I pursue hatha yoga, quiet reading, and continuously changing and evolving in mind, body & spirit enriching experiences and learning opportunities.

Q - What sets you apart from any other "Life Coach?"

A - Life Coaching is only one aspect of my work. My role is more of a Consultant; a combination of consulting, counseling and coaching that encompasses the whole person. It doesn't matter what the issue is, the work starts on the inside out. What sets me apart is that I have done “the work” in my own life. In the past, I walked in some of the same proverbial shoes as my clients - an unhealthy and out of balance life. So I can empathize. As a working mother, on-the-road SAP Consultant, corporate trainer, coach

and entrepreneur, I've played all or most of those roles at the same time for more than two decades with a commitment to wellness and a balanced lifestyle and now I help my clients achieve the same. I am their guide and accountability partner as they break free from the habits and patterns keeping them

stuck in place. I help them in setting themselves up for success by taking small, consistent action steps.

Q – What qualifies you to help people create lives they truly love?

A – My whole living practice was created while on the path to creating optimal health and balance in my own life. While my education played a huge role, it was the mindset shifts and small steps that transformed me the most. I learned how to plan ahead to stay healthy no matter where I was or what I was doing and how to make the choices that nourished me; physically, mentally, and spiritually, until they became second nature. I found the courage to stand up for my needs, and build a schedule that didn't exhaust me. Now, it's my mission to help others realize how to do the same – without the long road to get there

Q – What are the main comments make when considering working with you?

A – One of the comments that I often hear from people who are considering working with me is that they don't even have the time to commit to a wellness program., I can certainly empathize with the feeling of having too much on the proverbial plate. So, I help my clients to prioritize and figure out what they can eliminate or streamline in order to make time for wellness.

“I went through a period of significant weight gain and stress where job requirements took precedence over everything including my health. You have helped me to reset my priorities by making exercise and well-being a top priority for me and my family. I find that I actually have more physical and mental energy, as well as, stamina resulting in more productive days at work and more rewarding times with my family!”

– R. Holmes,

“I have been provided the tools to reach my personal goals. I have procrastinated over the years and now I am more focused than ever. Like most people, my schedule is full with family, work and other activities. I have learned how to maximize my time and fit in what's important to me. You have inspired me to move ahead with my lifelong dream of writing!”

-R. Arnold

Speaking Topics

The Jumpstart: Finding your motivation and making real change

Together, we'll explore the nitty-gritty of what you can do to create real change in your lives – starting the moment you leave the room. Focuses of the discussion include: the true meaning of action, what shifts you want to make, and easy steps you can put into play, pronto.

Finding Fulfillment at Midlife

Are you craving more passion in your career and life? Do you want to make the second half of your life more meaningful and fulfilling? Join this insightful and informative workshop for the answers to these questions and some helpful tips on how to turn your passion into a successful second career. Learn how to take those first steps into a second career with achievable goals. Discover how living and working your passion can create empowerment in every aspect of your life.

Living Your Vision: Create Your Ideal Life Scene

This fun and engaging workshop offers practical, effective powerful techniques and experiences to bring success to any area of your life. Create a LIFE YOU LOVE ideal scene in Career, Relationships, Family, and Purpose. Identify blocks that keep you stuck, take inspired Actions and SOAR!

What Are You REALLY Craving:

When you overeat, or overindulge, what are you really hungry for?

It's time you knew the truth: whether you're reaching for chips, cake, or the remote, what you're craving directly reflects how the rest of your life is unfolding. Could you be gorging on cookies because you're struggling in your relationships? Are you downing sugary sodas because you're overloaded at work? Together, we'll find out – and explore ways to heal.

Key Note Presentations and/or Custom Workshops

Contact me for more topics and custom presentations at: [**Diane Randall Consults**](#)

Interested in bringing Diane to your group?

Contact Diane for a speaker at your next group meeting or seminar [**Group Speaking**](#)

Currently Scheduled Presentations and Workshops

Visit our website for current listing of scheduled events at:

[Diane Randall Consults Upcoming Events](#)

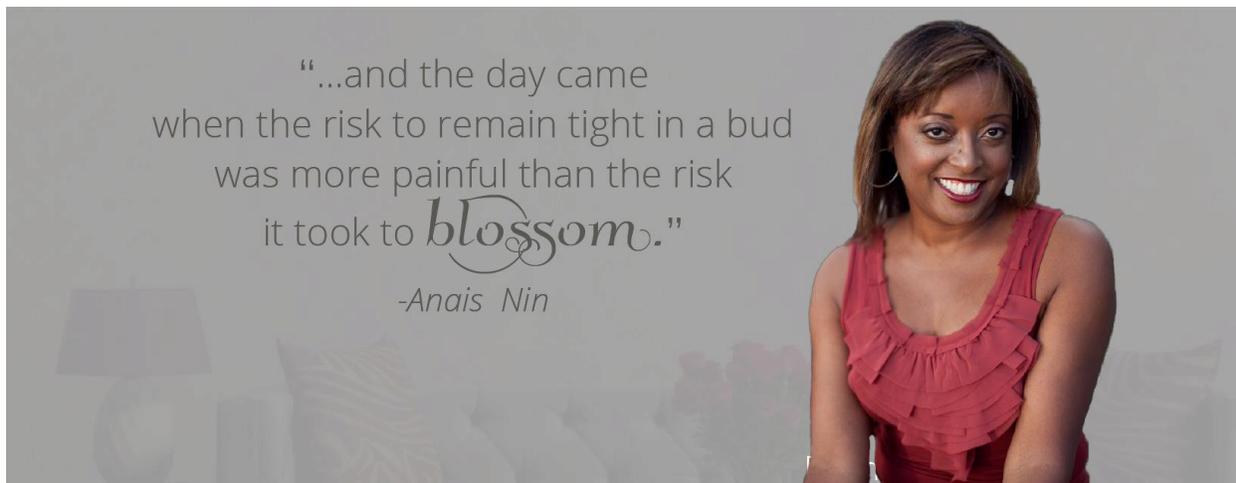
Speaking References

Speaking Engagements:

"I'm a fan. I love the topics from Diane Randall. They fit with everything I am trying to achieve in my life from a wellness perspective. I needed some tips to increase life balance with work and this class really helped. I particularly love the idea of scheduling activities that help relieve stress around a stressful event. This gives me an outlet to give me more balance in my daily life. I am a fan of these classes!" – *R. Arnold*

"Awakening moment. Very informative. It really help me to realize that health and wellness is the center of a longer life. It also can influence my success in life. It took me to a very vulnerable place where I had an awakening moment. Now I can understand choices I make for myself." – *S. Porter*

"Awesome. Great and simple tips that make a big difference." - *D. Thompson*



Downloadable Images



Click on images for a larger view and to download.
Please contact us if you require other images.



For a Downloadable Speaker Sheet - see last page of media kit

Contact Diane Randall

Thank you for your interest in Diane Randall of Diane Randall Consults.

Please use the links below to connect with Diane and learn more:

	Email
	Website
	LinkedIn
	Twitter
	Facebook



Diane Randall Consults Speaker Sheet



Diane Randall works alongside high level professionals to help them strike a harmonious, healthy balance between their work and their “real lives”.

Diane speaks professionally on a variety of life balance, health and self-care topics. She has also shared her ideas with publications like the *New York Times* and *Balance Magazine*.

Diane has led workshops for several years, appeared on radio shows and television, including the Oprah show. Your audience doesn't need another broken record talking about yoga, or the importance of sleeping 10 hours a night.

They want to understand what this whole “best life” thing really means for them – in their hectic lives, and on their plates.

It's time to equip your people with the workable wellness advice and strategies that fit their lifestyle.

For more information on Diane Randall and her workshops and public speaking, please visit her website.

Contact Email: ContactDiane@DianeRandallConsults.com

Speaking Topics:

The Jumpstart: Finding your motivation and making real change

Explore the nitty-gritty of what you can do to create real change in your lives – starting the moment you leave the room.

Finding Fulfillment at Midlife

Hear the tips on how to turn your passion into a successful second career. Learn how to take those first steps into a second career with achievable goals. Discover how living and working your passion can create empowerment in every aspect of your life.

Living Your Vision: Create Your Ideal Life Scene

This fun and engaging workshop offers practical, effective powerful techniques and experiences to bring success to any area of your life. Create a LIFE YOU LOVE!

What Are You REALLY Craving:

When you overeat, or overindulge, what are you really hungry for?

It's time you knew the truth about why you're hungry!

Key Note Presentations and/or Custom Workshops

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