

# 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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Love Yourself: Wake Up and Claim the Vibrant Health You Deserve

The Jumpstart: Find the Motivation to Change Your Life

Midlife Makeover: Let Your Passion Lead You to Your True Purpose

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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:



Diane interviewed for articles:

### Prezi:

- [Speaking on the Road: Q&A with Traveling Consultant](#)
- [Your Summer Reading List, Courtesy of Top Speakers and Business Leaders](#)

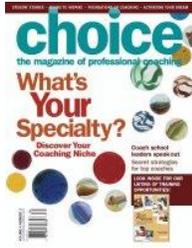
**Waterlogic:** [Fruit Infused Water Recipes from the Experts](#)

**The Active Times:** [How to Build Healthy Habits that Will Last for Life](#)

**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](#)

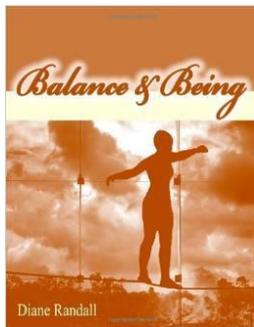


**Choice Magazine:** printed my article in 2006, see page 28, and already it has received national recognition. Life Accelerated was selected by Choice – the Magazine of Professional Coaching as one of their best, unique coaching practices. Note: Life Accelerated was my former coaching business.



**Balance Magazine:** article on page 75

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



## Book

**Balance & Being: A 7-Step System for Professional Women Ready to Harmonize Family, Career & Self**

This book provides insight and exercises geared toward professionals who need to find that perfect balance in their life. [Balance and Being](#)

## Radio

**Let's Talk with Cheryl Morgan Young** - Diane Randall has experienced the highs and lows of single parenting and she survived to share her story with us today. She is absolutely lovely, inside and out, and she has enhanced her life inch by inch and has embraced the awesome task of helping others through to the other side of their struggles. Diane shares her story with us on Welsradio you can listen to the recording at [Let's Talk with Cheryl Morgan Young](#).

# Interview Topics and Q & A

## Interview Topics

- How cravings directly reflect the way your life unfolds
- How to lose weight easily and naturally
- How inner discomfort indicates that you are changing your life
- Strategies that match your energy, vitality and passion to a fulfilling life
- Powerful, effective techniques for creating success in any area of your life

## 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. So I now use my vitality and ability to overcome my own challenges and then started helping busy 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 I am continuously changing and evolving in mind, body & spirit by pursuing enriching experiences and learning opportunities.

### **Q - What sets you apart from any other "Health & Wellness Expert"**

**A -** My role is more of a Consultant and Teacher; which is a combination of consulting, coaching and counseling 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 people seeking my help - 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

## Constant Craving: Let Your Hunger Lead You to Health

It's time you really knew the truth: whether you're reaching for chips, cake or the TV remote, what you're craving directly reflects what's happening in the rest of your life. Could you be gorging on cookies because you're struggling in your relationships? Are you downing sugary sodas because you're overloaded at work? What are you really craving? In this workshop, I will talk about our addiction to sugar, how it impacts us and how we can turn it around. I will talk about what the sugar cravings are telling you and why you might want to listen.

## Love Yourself: Wake Up and Claim the Vibrant Health You Deserve

Would you believe me if I told you that you could lose weight easily and naturally? I'm not talking about dieting. In this revolutionary workshop, I'll teach you how to treat yourself and your beautiful body with kindness and loving care. I will give you simple, yet powerful effective tools for transitioning from an unhealthy diet and lifestyle to one that supports you on every level. I will speak directly and specifically about why you are struggling with your weight and how you can change the patterns that are keeping you trapped in habits that will likely make you sick at some point in your life, and may even contribute to a shorten lifespan. I don't intend to scare you, but I do want you to WAKE UP!

## The Jumpstart: Find the Motivation to Change Your Life

You know you want to make a change in your life, but you don't know where to begin... The good news is that the discomfort you are feeling indicates that you have already begun the process of changing your life! A certain amount of discomfort is required before we realize that change is needed. Change requires both discomfort with the status quo and the ability to tolerate the discomfort of doing something different – something new – something unknown. This workshop asks the questions that will help you dig into that discomfort in order to find the motivation to make the positive choices and take the actions that will move you forward into the life of your dreams – the life that will bring you deeper levels of happiness, satisfaction and fulfillment.

## Midlife Makeover: Let Your Passion Lead You to Your True Purpose

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? Have you spent nearly half your life working in an unsatisfying job? Is everything in your body, mind and soul telling you that you need to pounce on the opportunity to finally pursue a career that will give the

second half of your life a true sense of purpose? If the answer to any of these questions is a resounding "YES!" then you are in the right place! This insightful and informative workshop offers exercises and strategies that will help you match your energy, vitality and passion to a fulfilling career.

## **Your Ideal Life: Envision and Manifest Dreams**

This is a fun, engaging workshop that offers powerfully effective techniques for creating success in any area of your life. You will design Affirmations, an Ideal Scene and a Living Vision for the area of your life you want to change NOW! You will identify the blocks that keep you stuck, and take inspired actions that will ensure your success and allow you to SOAR!

## 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:

	<a href="#">Email</a>
	<a href="#">Website</a>
	<a href="#">LinkedIn</a>
	<a href="#">Twitter</a>
	<a href="#">Facebook</a>



# Diane Randall Consults Speaker Sheet



Diane Randal, MA 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.

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Contact Email: [ContactDiane@DianeRandallConsults.com](mailto:ContactDiane@DianeRandallConsults.com)

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## Speaking Topics:

### **Constant Cravings: Let Your Hunger Lead You to Health**

It's time you knew the truth about why you are hungry and how what you're craving directly reflects what's happening in the rest of your life.

### **Love Yourself: Wake Up and Claim the Vibrant Health You Deserve**

Strategies to help you lose weight easily and naturally without dieting

### **The Jumpstart: Find the Motivation to Change Your Life**

Hear what the inner discomfort you feel inside is telling you and why you should listen in order to find the motivation to make positive changes in your life.

### **Midlife Makeover: Let Your Passion Lead You to Your True Purpose**

Strategies that will help you match your energy, vitality and passion to a fulfilling career.

### **Living Your Vision: Create Your Ideal Scene**

Release blocks that keep you stuck, take inspired Actions and SOAR!

### **Key Note Presentations and/or Custom Workshops**

Visit the website for more topics and custom presentations at: [Diane Randall Consults](http://DianeRandallConsults.com)