



“ 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

# Diane Randall, M.A.

Whole Living Consultant | Professional Speaker | Podcast Host

## Meet Diane

Diane Randall, M.A., is energized, committed, and passionate about leading wellness conversations around life balance, self-care, plant-based nutrition, and whole life wellness. Her joy is when men and women adapt health and wellness methods that reduce stress and bring harmonious balance to their lives. She excels at equipping high-level professionals with workable wellness advice and strategies that fit their demanding lifestyle.

Diane is an author, podcast show host, consultant, college instructor, and professional speaker whose articles have appeared in publications such as the *New York Times*, *Choice*, *Balance Magazine*, *Consulting*, *The Active Times*, *Prezi*, and American Holistic Health Association (AHHA).

She has been a guest on numerous podcasts and appeared on television; including a guest appearance on the *Oprah Winfrey Show* to talk about successful relationships. Diane hosts her own podcast, *Balanced Living for Busy Professionals*, to bring the best inner tools and strategies to her listeners. For more information about workshops, speaking appearances, podcasts, and access to numerous resources visit: [www.DianeRandallConsults.com](http://www.DianeRandallConsults.com)

## A Guest Your Audience Will Enjoy

The absolute last thing you need from a speaker or corporate trainer is to hear another broken record talking about yoga or the importance of sleeping 10 hours a night. Diane Randall does workshops and speaking events different. Diane recognizes that you want to understand what this whole “best life” thing really means for you – in your demanding, hectic life as well as on your dinner plate – and that is exactly what she delivers to audiences spanning coast-to-coast. It's time you were equipped with the workable wellness advice and strategies that fit your lifestyle. Diane is ready and prepared to bring this information you. She's eager to meet you where you are and guide you towards where you long to be.

## Diane on Stage:

### Key Note Presentations & Custom Workshops

Diane invites you to choose one of her core workshops, sample topics, or suggest a wellness related topic that she will customize to your audience's interests. She's happy to work with you to design a custom workshop or presentation that will ignite your group to wellness.

### Core Workshops

- ◆ Constant Craving: Let Your Hunger Lead You to Health!
- ◆ The Jumpstart: Find the Motivation to Change Your Life
- ◆ Midlife Makeover: Let Your Passion Lead You to Your True Purpose
- ◆ Your Ideal Life: Envision and Manifest Dreams

### Sample Topics

- ◆ Turn Your Passion into Your Career
- ◆ Releasing Food Addictions and Staying Healthy for the Long Haul
- ◆ The Power of Eating Plant-Based
- ◆ How to Release Your Sugar Cravings
- ◆ Self-Compassion: A Healthier Way of Relating to Yourself
- ◆ Setting Healthy Boundaries
- ◆ Putting More Life into Your Work-Life Balance
- ◆ Overcoming Negative Self-Talk

## To Schedule Diane:

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