



DIANE ALLEN

Concertmaster • Flow State Expert • Author

Resilience • Employee Engagement • High Performance

Keynote Descriptions

Activate the Flow State and Turn 'ALL' Talent into 'TOP' Talent

*What if top talent wasn't just a label for a select few,
but the norm across your entire workforce?*

A high-impact, music-infused keynote that equips organizations with neuroscience-backed Flow frameworks to unlock sustainable peak performance, reduce burnout, and create a culture people don't want to leave.

Find the Energy of Influence

*Your actions and words are informative,
but your energy inspires and motivates.*

An immersive experience that shows leaders how to amplify their presence and influence, so they inspire trust, navigate disruption, and lead with clarity, confidence, and calm under pressure.

Unlock Your Genius, Love What You Do

Being' while you're 'doing' is the key to thriving.

A transformational keynote that helps individuals and teams shift from constant effort to energized excellence, unlocking purpose, engagement, and meaningful work through the Flow State.

How has Flow activation helped?



Transformation Stories

An Alaska fishing industry safety consultant used Flow activation frameworks to solve disengagement and reduce workplace injuries.

An HR professional worried about losing an overqualified employee found that the Flow activation frameworks provided the necessary talking points for a critical conversation to increase engagement and restore purpose.

After identifying how they activate Flow on the ski slopes, an HR professional brought those insights to work, where productivity soared and work became energizing.

Who is Diane Allen?

DIANE ALLEN



Violinist Diane Allen is an international speaker, thought leader, and best-selling author of *Flow: Unlock Your Genius, Love What You Do*. A 15-year Concertmaster (lead violinist), it was her groundbreaking Flow Strategy™ system that earned her a spot on the TEDxNaperville stage with features on TED, ABC, CBS, NBC, and FOX. With her Copper Dragon violin, Diane's experiential programs blend live musical performance, scientific principles, storytelling, positive psychology, inspiration, and actionable takeaways that help leaders and teams activate their flow state so they can be at the top of their talent and create thriving cultures where purpose and passion drive peak performance.

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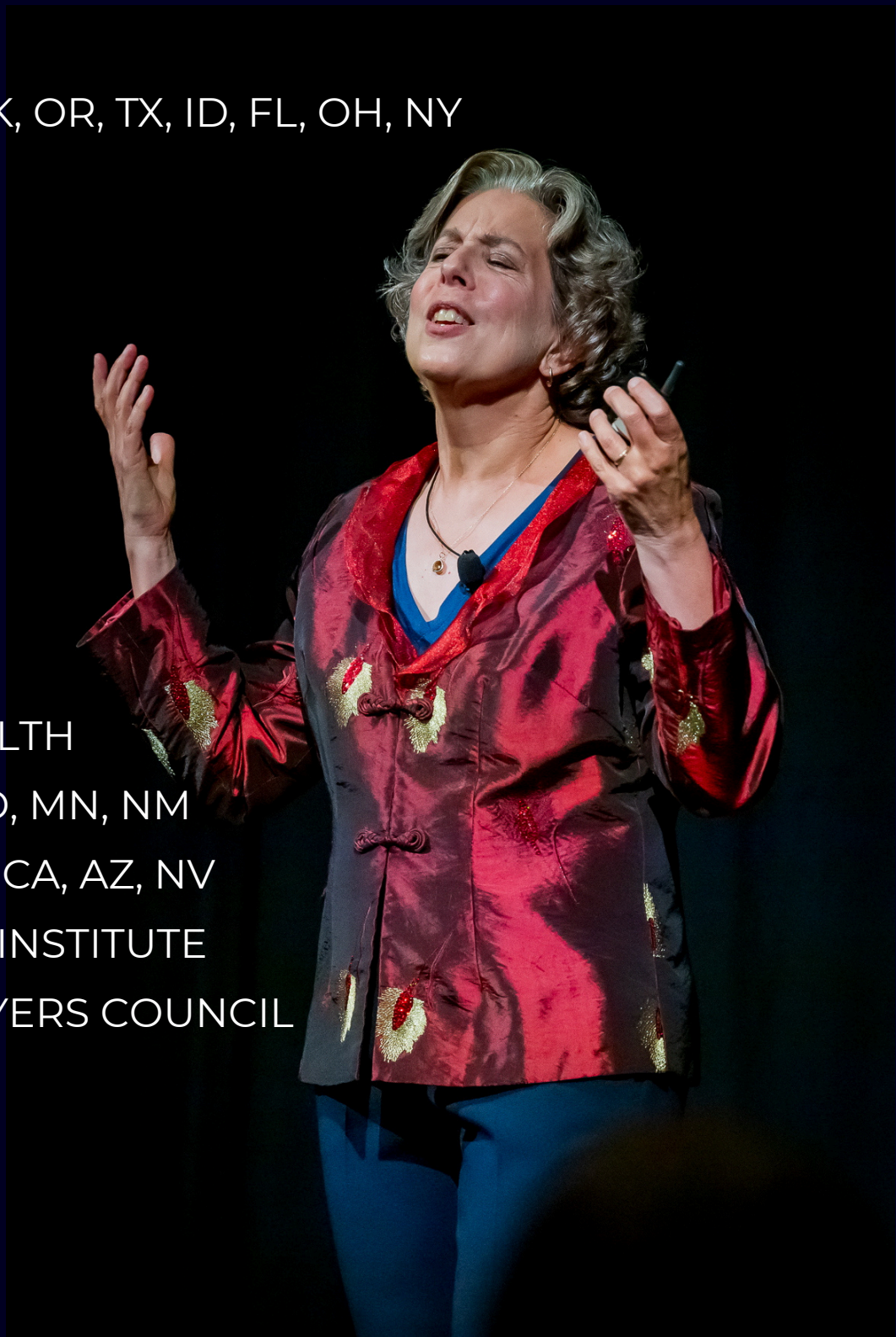
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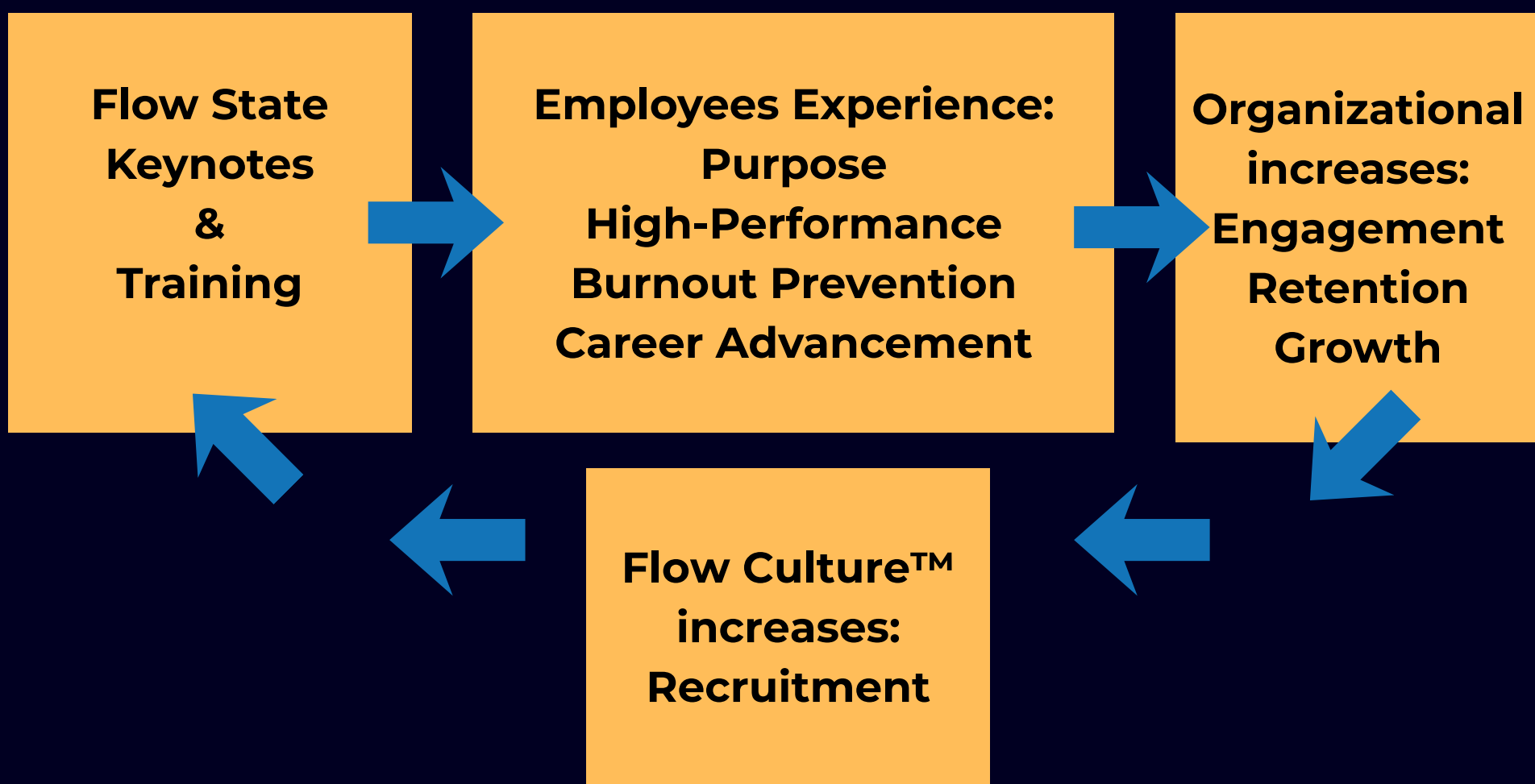
and more...



How does Flow training create a win-win-win?



The Flow Culture™ Cycle





Keynote Experiences

People may forget what you say but they remember how you made them feel.

Neuroscience of Live Music

When people hear live music, it activates multiple parts of the brain, evokes stronger emotions, and synchronizes breathing and heart rates where people leave with an indelible sense of the shared experience.

FlowQuest™

Participants are guided through a series of challenges, set to music, that activate the Flow State where they experience deep focus, engagement, and high performance in real time. This is followed by a simple framework they can apply directly at the workplace.

Leadership Presence Meditation

People experience exuding their leadership presence and receive the steps to replicate it. As individuals enter Flow, others naturally synchronize, creating collective coherence and stronger presence.

Diane's Book & Testimonials...



Book Sponsorships Available

Book Testimonial

"In today's frenzied world, it's challenging to find stability for people to perform and maintain their well-being. Diane Allen has a wonderful approach to help everyone maneuver, adapt, and thrive. This resource can be applied to every employee at every level of an organization. I'm in !! Join the flow !!"

Steve Browne, SHRM-SCP, Chief People Officer
LaRosa's, Inc., Author of HR on Purpose !!, HR Rising !! & HR Unleashed !!

Keynote Testimonial

I speak at and attend a lot of conferences. and Diane's keynote at the North Texas SHRM Annual Conference delivered real value. Her insight into finding one's own flow state and how to build a work environment that helps teams work in flow was excellent.

The presentation was interactive and it never felt coerced or inauthentic.

I highly recommend her for your next program!

Mike Coffey
President, Imperative Information Group
Good Moring, HR Podcast Host
Texas SHRM State Director

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