



Beyond Engagement™

**Creating Teams who feel Whole, Happy & Fulfilled
Productivity, Performance, & Happiness**



Speaker Summary

What if the key to being fulfilled is something you already know how to do? What if the answer makes it possible to: Connect what you love, with what you do, and LOVE YOUR JOB?

Violinist Diane Allen, shares the lessons learned from her 10-year struggle to attain the job of her dreams as the lead violinist of an orchestra. Diane overcame her roadblocks by figuring out how to get into the Flow State on demand, something that most find elusive. Her story is grounded in positive psychology with the Flow State as the gateway to being your best self, experiencing more meaning, joy, and fulfillment in work and life.

In her keynote speeches, along with her TEDx/TED talk *How to find “flow” (and lose yourself in it)* Diane reveals what the Flow State is and provides her Three-step Flow Strategy™ System for participants to discover their own Flow Strategy™. This gifts them the path to harness its power and unleash their true potential.

Nowadays, you’ll find Diane in flow on stages with her Copper Dragon Violin, providing Experiential Keynote Performances that leave people with specific steps to deeply engage, access high levels of productivity, and love what they do! Audiences find humor and inspiration as they slip into flow along with Diane and her original music, leaving them with an indelible experience and the specific steps to get into flow whenever they need to the most.



KEYNOTE TOPICS

Go Beyond Engagement™: Cultivate a Happy and Fulfilled Workforce *For Leaders*

How can you create a culture where your people are happy and fulfilled? When you know how to connect what your people love to do, with what they do for work, everything changes. This gives them the path to apply their best to their work in the same way that a musician gets into the music.

In this highly experiential program, participants learn two specific methods for people to access their best performance anytime, anywhere, no matter how high the pressure, all while experiencing more meaning, joy, and fulfillment.

Author Diane Allen is a global authority on the flow state. With her Copper Dragon violin, she weaves live musical performance, scientific principles, storytelling, positive psychology, inspiration, and actionable steps for you to cultivate a happy and fulfilled workforce.

Learning Objectives:

- Gain basic knowledge and neuroscience of the flow state.
- Learn two specific methods to ignite flow.
- Discover how to lead yourself to lead others.

Unlock Your Genius, Love What You Do *For General Audience*

Do you feel like constant demands are getting the better part of you? Is the weight of endless problem solving and decision making taking its toll? Have you lost track of what you used to love about your work? What if the key to reconnecting with your work in a sustainable and meaningful way is something you already know how to do?

Have you ever been so immersed that you lost complete track of time, ideas and insights were coming in from out of the blue, and things were coming together with a sense of ease? Those moments when you were “getting into it” like a musician gets into the music. During these kinds of experiences, you were in flow. What if you could get into flow, on demand?

Author Diane Allen is a global authority on the flow state. With her Copper Dragon violin, she weaves live musical performance, scientific principles, storytelling, positive psychology, inspiration, and actionable steps so you can be in your genius and love what you do.



Learning Objectives:

- Gain basic knowledge and neuroscience of the flow state.
- Learn two specific methods to ignite flow.
- Discover how to unlock your signature strengths and love what you do.

FLOW: Embrace the Synergy of AI and HI

For General Audience

FLOW: Embrace the Synergy of AI (Artificial Intelligence) and HI (Human Intelligence) shows you how to confidently adopt the use of AI by exploring the human experience of what it takes to work with it. As the person takes on the role as lead dancer, it's the dance between HI and AI that ignites a state of flow creating synergy. As a result, heightened levels of productivity, ideation, and performance become unlocked. But what happens when HI is combined with greater purpose? The experience becomes transcendent resulting in deep engagement, increased meaning, joy, and fulfillment.

Author Diane Allen is a global authority on the flow state. With her Copper Dragon violin, she weaves live musical performance, scientific principles, storytelling, positive psychology, inspiration, and actionable steps to embrace the use of AI while experiencing personal growth and inspiration along the way.

Learning Objectives:

- **Master the Partnership of HI and AI:** Understand the leading role of HI when working with AI and how to achieve optimal results and ignite synergy.
- **Access Flow On Demand:** Learn what flow is, the neuroscience behind it, and the specific techniques to enter into a state of flow enhancing focus, creativity, and productivity.
- **Align Purpose with Intelligence:** Explore how the alignment of HI and greater purpose leads to transcendent experiences of deep engagement, heightened fulfillment, and meaningful performance.



TESTIMONIALS

"I am writing to provide a professional reference for Diane Allen. In my experience as the volunteer Director of Education Content for the Meetings Professional International Association, Chicago Chapter (MPI-CAC), our committee has had the pleasure of working with many of the hospitality industry's brightest minds.

Diane Allen ranks among the best speakers the chapter has had the opportunity to encounter. Diane recently spoke at the chapters Signature Luncheon, one of our largest hosted events of the year. We were drawn to her by her unique take on peak performance using the concept of Flow and her ideas around audience engagement. Diane was a consummate professional, very easy to work with and always focused on providing additional value. Our audience was riveted. Someone remarked they'd never seen them more attentive, which is testament to the relevance of her content and Diane's expertise."

Bunny R. Lee, Education Committee, MPI-CAC

"Not only was Diane easy to work with, Diane impressed us with a terrific presentation full of insight, as well as some beautiful music that truly set her session in a different league. I have worked on the planning side of many conferences and events, and it is rare to have such a blend of actionable content with beautiful performance. I am happy to confirm that our attendees were truly impressed and inspired."

Robbie Heacock, Associate Director/Event Planner, Stringfellow Management Group

Diane was incredibly easy to work with... Responsive, engaging, and offered her services when a breakout speaker canceled at the last minute. It made my job easy. In reference to her inspiring presentation, she met individuals where they were at, for which I'm very grateful.

Marcy Engle, Speaker Liaison 2023 Virginia SHRM

"Thank you for speaking for MPI Oregon. You are a pleasure to work with and I really wish all speakers were half as kind, helpful, and flexible as you. Your professionalism is unparalleled. Meeting Planners are lucky to have you in their contacts."

Chase Brunson, CMP Convention Services Manager Embassy Suites by Hilton Portland Washington Square

Virginia SHRM 2023 Closing Keynote Participants:

Fantastic presentation! I left with solid, usable actions. Super skilled keynoter. Thanks! Dr. Dave Miles

Very grounding and inspiring. Thank you so much for the revitalizing session and your BEAUTIFUL music!
Sarah

Insightful session that teaches a strategy to find the thing you're good at so you can share it with others or employ it to find joy and purpose in life. A. Simms