

Diane Sieg

Speaker | Author | Life-Saving Expert

*Take Care of Yourself!
Take Charge of Your Life!
Take Life-Saving Action!*

CHAOS to C.A.L.M.

Thriving Through the Reform Storm!

A former ER Nurse's prescription for daily best practices to help you retain quality care, patient satisfaction and a sane staff.



With the transitions we are all facing in this “new normal” of healthcare, we can find our ourselves living with a lot of fear, uncertainty, and chaos, trying to do more, better, faster-with less.

Whatever place your nurses are in right now— understaffed, overwhelmed, stressed out or burned out, now is the perfect storm to go from chaos to calm.

In this program you will learn:

- The anatomy of a highly functioning team
- The power of living with intention
- A life-changing daily practice to support C.A.L.M.

From the chaos of the emergency room to the calm of her yoga mat, Registered nurse, professional speaker, published author, life coach and yoga teacher, Diane Sieg shows you how to take care, take charge, and take action in your life! Your personal prescription from Chaos to C.A.L.M. will change your life the moment you start using it. And there's no co-pay!

Diane holds the Certified Speaking Professional (CSP) designation, the highest certification for a speaking professional, earned by less than 10% of the professional speakers in the world.

“Your message of living with more calm and intention was perfect given the current climate of healthcare today. We need to remember what is most important and you helped us do this by setting our deepest intentions and focusing on them through various activities.”

Kathy Martin, RN
VP Patient Care, Baptist Health
AONE President

To book Diane, contact Zoe Training & Consulting
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