

# DIANE ALLEN

## Own Your A-Game

### **100 Word Bio**

TEDx speaker and violinist Diane Allen helps organizations cultivate talent and maximize potential. As seen in her TEDxNaperville talk, Diane, an expert in helping people access the flow state, shows people how to shift into an optimal state of mind where they feel their best and perform their best. With gutsy raw emotion, Diane plays her Copper Dragon violin in the flow state. Then, reveals how to discover your Flow Strategy. A New York City trained violinist, Diane became the Concertmaster of the Central Oregon Symphony. She now delivers programs that are entertaining, instructive and immediately actionable.