

# DIANE ALLEN

## Own Your A-Game

### OFFICIAL INTRODUCTION

#### Please Read as Written

Have you ever been so immersed in something that you lost all track of time? Maybe you had exciting ideas and insights that came in from out of the blue? Or maybe you found yourself unexpectedly slam dunking a difficult situation and doing it with ease... In each of these cases, you were in an optimal state of mind called the flow state.

Today's speaker is here to show us how to get into this powerful thought process and how to do it at will.

A New York City trained violinist with well over 1000 performances under her belt, Diane Allen was the Concertmaster of the Central Oregon Symphony for 15 years. Her role as a leader demanded that she always be at the top of her game, no matter what. Diane discovered that getting into her flow state was the answer.

Why should you get into the flow state? There are a number of reasons, including: experiencing fearlessness, being highly innovative, and finding inspiration daily.

Helping us today, to harness the power of our flow state,

With her Copper Dragon violin, please help me welcome, Diane Allen!