



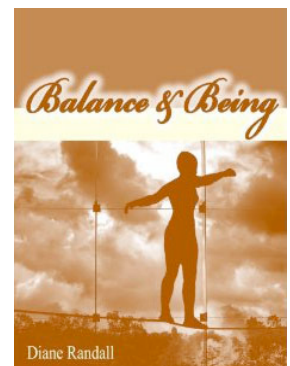
Diane RANDALL

Life Accelerated

Diane Randall, HHC is a speaker, wellness educator, and holistic health coach who has completed training through Coach University's premier coach training program and the Institute for Integrative Nutrition, State University of New York, Purchase College. She has advanced coaching certifications in Mindful Coaching and Active Living Every Day. Diane is also a member of the International Coach Federation, the International Association of Coaching, Coachville, Professional Women in Technology International, the American Holistic Association, and the National Wellness Institute.

Her message has touched women all over the country. She focuses on teaching women to accelerate and harmonize their lives through her Three Keys on a Life Accelerated: Denying the Negative, Refusing to Settle, and Accepting Harmony. Her motivational workshops provide specialized training on a variety of health, life balance, and self-care issues that affect the lives of professional women everywhere.

Diane made a guest appearance on the *Oprah Winfrey Show* in 2003 to talk about successful relationships. Her book ***Balance & Being: A 7-Step System for Professional Women Ready to Harmonize Family, Career & Self*** focuses on providing insight and exercises geared toward professional women who need to find the perfect balance in their life.



As the founder of **Life Accelerated**, Diane aims to help women all over the world learn how to practice total wellness. She founded the business in 2006, and already it has received national recognition. **Life Accelerated** was selected by *Choice – the Magazine of Professional Coaching* as one of their best, unique coaching practices.

Diane discovered just how important total wellness is in 1991 when she experienced an unexplained health crisis. At that time, she was at the height of her career in technology consulting. That crisis provided a much-needed wake-up call that led Diane to a healthier, more balanced life. Diane discovered that she needed much more than professional success to sustain her.

Diane launched **Life Accelerated**, while continuing her IT consulting career. This experience, combined with her knowledge of wellness, gave her a unique perspective that allows her to understand what kind of self-care support system professional women need. Diane has blended her certification training, specialized education, insightful life experience, and insider understanding of corporate life with many years of delivering training and consulting services to thousands of clients around the world. All of these experiences combine to make Diane uniquely equipped to help professional women find the balance they need in life.

Diane's articles appear frequently in *Life Balance*, *Forum*, *Consulting*, *Onyx*, and *Mom's Network Connecting @ Home* magazines and *The Post*. Online publications, such as the *American Holistic Association*, *Holistic Business Journal*, *Of Spirit*, and *Women in Technology International (WITI) Strategist* also regularly present her materials. Diane also appears as a columnist for *Boomerforever.com*. Her health & wellness tips for easier business traveling were featured in the New York Times article, "*Skilled Traveler? Good Coach.*"

Diane has been balancing her life for about 20 years now. She has been a working mother, on-the-road SAP consultant, trainer, coach, and entrepreneur, and she played all or most of those roles at the same time during much of the past two decades. She can empathize with professional women who feel they have too much on their plate. She uses a combination of her training and personal experiences to help her clients to streamline their lives and create a customized, individual whole body wellness plan.

She currently lives in Chicago, and she enjoys yoga, exercising, hiking, reading, going to the theater, and traveling.