

Dianne Callahan

SPEAKER | TRAINER | AUTHOR | 3-TIME CANCER SURVIVOR



Organizations call on Dianne Callahan to help them ignite teams, connect happiness to productivity, and inspire people to live their most joy-filled and meaningful lives.

Dianne Callahan is an award-winning public relations professional, non-profit executive, author and motivational speaker. She works with corporate, professional and charitable organizations; cancer support groups; women's conferences; and churches to bring her message of hope and joy to people across the country.

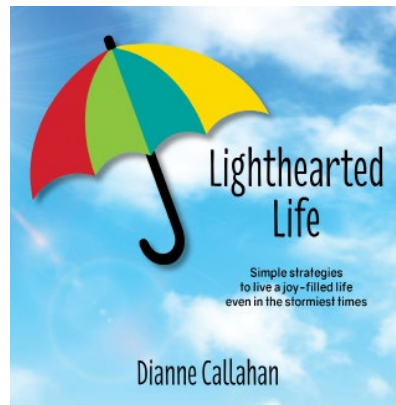
Dianne is a guest lecturer in the Osher Life-Long Learning Institute at Fresno State University and works with the UK-based non-profit Action for Happiness to facilitate their 8-week course "Exploring What Matters". In addition, Dianne is a high performance coach, and hosts a radio show on the Women Lead Radio Network called The Lighthearted Life.

Dianne's passion is helping people recognize the power they have to choose their thoughts and behaviors and create a life full of purpose, meaning, joy and success by their definition.

Keynote Presentations and Workshops*:

- ▶ Defeated to Badass - Setting the RIGHT Goals
- ▶ Journey Through Illness
- ▶ Triumphant Over Adversity
- ▶ Happiness Fitness
- ▶ The Art & Science of Gratitude
- ▶ Creative Leadership
- ▶ Up Your Love Game

*Customizable to meet the needs of the audience



What if you could navigate the ups and downs of daily life with a spirit of peace and joy?

You don't have to be a 3-time cancer survivor to learn what Dianne Callahan figured out about joy and its availability to each of us every single day whether skies are blue or dark clouds are gathering.

We all face challenges in the course of our lives that can leave us full of fear, shame, brokenness and pain. None of us gets to live under sunny skies all the time.

BUT hope, joy, peace and meaning can be ours no matter what our current or past circumstances when we choose to focus our thoughts and behaviors on claiming these gifts for our own. This book is filled with simple ways for you to do that and live a Lighthearted Life!

"Dianne Callahan inspires audiences with her authenticity, wisdom, passion and humor. She gets more people to say 'yes' than anyone I know."

Dennis Kuhl
Chairman, Angels Baseball

"Saying that Dianne lights up a room is an understatement! Dianne is a fantastic speaker inspiring people to take action. Her humor, positive messages, and ability to connect with each person in an audience, make her one of those speakers that people long remember."

Dr. Michael Watenpaugh
Superintendent
San Rafael City Schools


"For the first time in a year I feel like I can breathe. Dianne's presentation gave me a wake up call and tools to figure out how to take charge of my life again."


Amy Olson
Lakeview Public Schools

"Dianne was the keynote speaker for our mid-year sales meeting and she knocked it out of the park. Our team of nearly 100 executives were captivated by Dianne's life lessons. She left a lasting impression."

Greg Pierce
SVP & General Manager
Synchrony Financial

BOOK DIANNE FOR YOUR EVENT

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