



BIO

Violinist Diane Allen is an Award-Winning International Speaker and Thought Leader who speaks on increasing the meaning, joy, and fulfillment in one's work and life by accessing the flow state.

Years before neuroscientists discovered the positive impact the flow state has on achieving peak performance, Diane had already experienced the power of flow in her own career as a violinist. During concerts Diane easily slipped into flow and performed her best. However, it eluded her during auditions preventing her from being hired for the fulfilling work she was already qualified to do. While flow is known to be elusive, Diane had to figure out how to get into flow, *on demand*. It was her unique approach to solving this problem that landed her a spot on the TEDxNaperville stage as well as features on TED, ABC, CBS, NBC, FOX, Associated Press, Boston Herald, Authority Magazine, and Thrive Global.

With this “superpower” now reliably accessible, Diane became the Concertmaster of The Central Oregon Symphony for 15 years, a sought-after Violin Teacher of 28 years, and the author of 16 Music Workbooks sold worldwide.

Today, Diane is known for her experiential Keynotes, Training and Coaching programs that go Beyond Engagement™. Her three-step Flow Strategy™ system empowers people to get into their flow state, be in their genius, and love their job.