



## INTRODUCTION

Please read as written.

Diane Allen is an International Speaker, Violinist and a recognized expert on the positive psychology of peak performance, known, as the flow state.

Diane discovered the importance of flow in her own career. A New York City trained violinist, she regularly slipped into her flow state and performed her best during concerts. But when she was auditioning to get a job in a symphony orchestra, it eluded her.

Unable to get the fulfilling work she was already qualified for, Diane had to figure out how to get into flow, *on demand*.

While flow is known to be elusive, 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, The Associated Press, The Boston Herald, Authority Magazine, and Thrive Global.

Diane's philosophy is that everyone can achieve their highest potential by getting into their flow state. She believes that not only does being in flow bring out the best in each and every one of us, but that it's key to living a meaningful and fulfilling life.

So, get ready to expand your vision, unlock your flow, and be in your genius.

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