

## Testimonials

"Diana's thought-provoking questions and exercises motivated me and channeled my energies toward attaining my life dreams! As a result, the goals I set for myself 3 years ago were achieved in merely 3 months! I feel better organized, less stressed and more fulfilled than I have in years!"

**Shawn Little**

Assistant Attorney General Environmental Enforcement Agency

"Diana Long has been affiliated with the Upper Arlington LifeLong Learning & Leisure program for many years. She is always a pleasure to work with. The planning stage is easily accomplished and her follow-through with each presentation is consistently stellar. We require course evaluations after each session and hers are always extremely positive, with people obviously leaving energized with new direction. She has built a real following among our students with the variety of topics she has developed for our program, and they are always well received by both new and returning participants."

**Deb Mosely**

The City of Upper Arlington, LifeLong Learning Program

"I highly endorse Diana Long as a Coach and Speaker. Thanks to Diana's sharp insights and solution oriented focus, Diana has coached me and my staff. We've also brought in Diana as an Expert Speaker for our UltimateU Program. As a result, we got the clarity we needed and our business is growing by leaps and bounds!"

**Zoe Guirlinger**

President of UltimateU      [www.UltimateU.org](http://www.UltimateU.org) (As featured in the New York Times)

"The information that I've learn from your Life Design class has been invaluable to me and has taken me on a journey that has changed my life. My career and several relationships were struggling, and within weeks things started to change. I have peace, confidence, and wake up everyday excited about what the day holds. I've learned to change my thinking, attract the things I want and make goals that are achievable."

**Lorie Stadtmiller**

"Diana supported me with both my personal and professional goals. During our work together I was able to finish a feature film that was entered in the New York and Los Angeles Film Festivals. I was also "helped" in understanding that I had the confidence to accompany my husband, a plastic surgeon on a medical mission. Our work was nominated for a Nobel Peace Prize. To say I was satisfied with Diana's coaching is an understatement. She changed my life! "

**Marissa Harrell, Ph.D**

Having Diana as my coach has truly changed my life. When you consider what's really important, making your dreams come true is at the heart of it all. With her help, I'm realizing my dream of transforming our family home on Kelleys Island into a Historic Inn and Retreat Center. I also discovered how to move away the barriers between myself and my perfect partner! Right now is the time to achieve your life goals, and Diana is the key! Thank you Diana!!

**Heather Lindecamp**

[www.HeatherYogaTherapy.com](http://www.HeatherYogaTherapy.com)

"Diana Long has been instrumental in my life. She has given me insight and clarity about myself that has helped me both personally and professionally. I have such a new perspective on life and a brand new dream job! I can say I am truly happy and things are really working out in my life thanks to Diana! "

**Mary Adkins**

Nike

"I think very highly of Diana Long as a Professional Coach. Through her coaching abilities I was able to gain incredible clarity on where I was in my life and where I wanted to go. Many of the things that are taking place in my life right now are the direct or indirect result of my interactions with her. She is very good at helping you get the results you want. I not only achieved my business financial goals this past year, I exceeded them! I highly recommend Diana to anyone who wants to get positive results in their life."

**Michael Perez**

Ameriprise Financial Services

"Diana is an excellent coach. Her ability to ask potent questions often lead to invaluable insights. As a result of our work together I strengthened my leadership skills resulting in a noticeable impact on the quality of my interactions with staff, patients and key constituents of my practice. Working with Diana was a healthy experience for me and it's already had a major impact not he way I conduct business. I highly recommend Diana to friends and colleagues."

**Dr. Ardie Singh**

Worthington Spinal Care

"Working with Diana has helped me improve my basketball game, my love life, and has quadrupled the amount of money people pay me for my services! Diana Long is

absolutely in the top 1/10th of 1% of the most insightful trainers and coaches available today. Thanks so much for everything you've done for me, Diana! I owe you more than you'll ever know!"

**Christian Mickelson**

Founder of SmallBizU.com

"Thanks you for speaking at our Mentoring Graduation. Response from the attendees and graduates were very positive. Many thanks for sharing your knowledge and enthusiasm. I am looking forward to working with you in the future."

**Bethany Carpenter**

Veterans Affairs / Charles Wylie Outpatient Clinic

"I cannot tell you how much we appreciated your presentation to our Credit Delivery Loan Coordinator group. The feedback was tremendous! You created a spark, fanned a flame, and gave them tools to grow. Thank you for making a difference in so many peoples lives and I will look forward to working with you in the future. "

**Crystal Binns**

Bank One / JP Morgan Chase

"The day I heard Diana give her speech 'Overcoming Obstacles' to our Toastmaster's group changed my life forever! The thrust of her speech was how to set goals and go about making them happen. She told us to close our eyes and picture what we wanted out of life. I closed my eyes and saw myself sitting on a beach in Florida. I knew that's where I wanted to be, but had no idea how to make it happen. Diana went on to talk about roadblocks that stand between us and our goals, and how to get around those roadblocks. Several days later, my husband and I were sitting on a beach in Florida (a trip arranged before hearing this speech) and I was thinking of what Diana's speech, my goals and dreams and what I could do to change my life circumstances so that I could spend more time in Florida. All of a sudden, I came up with an incredible idea to quit my job and begin to work for my husband's business. He needed a salesperson and I wanted freedom and flexibility. We decided to make this huge change. I am excited to begin living my new life. Thank you, Diana, for giving me the confidence to pursue my dream."

**Jennie Alvarez**

"Diana Long is a superb facilitator and coach. One of the finest I have encountered."

**Louise Kutz**

Professional Trainer and Consultant

"I was immediately impressed by Diana's presence and insight about how to achieve 'my perfect life' when I attended her seminar. In fact, her advice was helpful and inspiring that I am now a professional coach in training!"

**Lisa Hanger Esq.**

"I had been grinding through life for so long with a feeling that I had so much more to offer, and there was so much more I could achieve. I didn't know exactly what I wanted to do or which direction I wanted to go in life. Then I met a positive, caring, perceptive, and competent fireball of a coach named Diana Long. Very shortly after I started working with her, the fog hiding my perfect life quickly faded. I now can see the beauty in my life as it is and have a magnificent vision of what my life will be like. I would never have gotten to this point without her, and I know I'll get to that ultimate vision with her guidance and support. I can't recommend her more highly. You'll be astonished at how she brings the absolute best part of you to life!"

**Stephen Ricci**

Research Engineer

"Diana is a gift to Humanity."

**Michael Stratford**

Master Coach, Author, Speaker

"You have helped me so much to accomplish my goal to write my book. It's been my dream for years. Now it's coming true. I am really grateful to you, Diana! Thank you!"

"Everyone should have one of you, Diana! I am still amazed at the breakthroughs I have had with you! You've given me my life back! I love working with you and cannot wait until our next session!"

"My life just wouldn't be the same without you. Thank you, Diana, I am a better person and am more fulfilled in my life because of the work we have done together."

"Thank you so much for this seminar. I loved the Dream Card exercise, it was amazing!"

"Thanks again, Diana, for the coaching. I continue to have the successes (getting my articles published, having more fun and work-life balance) I used to dream about! I also want you to know how much I enjoy your coaching newsletter. Your 'thoughts' a great reminder to focus on what is most important to me."

"I consider myself a graduate of the Diana Long course for searching for my passion. Our sessions lead me to new exciting possibilities. I thank you so much. Your energy and outlook are so positive .Thanks!!! Thanks!! Thanks!!!"

"The shifts since our last session have been quite profound! I feel more grounded and more centered and ready to take on my dreams and goals. Thanks, Diana"

**Comments from workshop participants:**

- ☀ Diana is a phenomenal speaker and extremely passionate about her work.
- ☀ Diana is a great facilitator. Lots of enthusiasm!
- ☀ I had a great time. Diana's presentation was interesting and enjoyable. I would recommend her highly.
- ☀ Diana speaks from the heart.
- ☀ Diana inspired me to take a fresh look at myself and my life.
- ☀ Diana inspired me to dream again. Thank you Diana!