

Diane Rolston .com

Clarity. Confidence. Action



know what you want.
believe you can have it.
leap and go get it.
I've got your back.

www.dianerolston.com

Hello Dynamic Woman!

My passion is working with women like you to be even more successful!

For as long as I can remember I've been in the role of mentor, teacher, cheerleader and coach. People ask me how long I've been doing what I do (referring to my business) and I actually want to answer, "My whole life."

Officially, I've been in teaching and training for over 15 years. The coaching came in to complete the mix over five years ago. Nothing fills me with greater energy than working with successful women to help them get clear about what else they want, make an action plan and then watch them get dynamic results!

How do I guarantee dynamic results?

1. I implement techniques to provide you with **clarity** and **confidence** so you can go for what you want in all areas of life and business.
2. I help you use tangible tools to get you in **action** and keep you focused on achieving your goals.
3. I put structures in place so you **achieve more results** in a shorter amount of time (and a whole lot more!)

My best clients are like me...

- Driven
- Creative
- Intelligent
- Successful
- Committed
- High Achieving
- And Confident (at least on the outside)

I provide the space to brainstorm when no one else gets you and what you do. It's about being able to be honest and explore where you're at so you can kick ass at getting what you want.

I don't let you stay in the same place, I hold you accountable when life gets in the way and I'm your biggest supporter, cheerleader and champion.

I'm looking forward to learning more about you and seeing how I can support you toward your greatest successes.

xo

Diane

"With Clarity, Confidence & Action we get you results & YOU get to reap the rewards!"



"Working with Diane Rolston has changed my life."

"I was stuck – I'd taken on too much responsibility at work, I was working and travelling for work all the time and not getting time off and I needed to get back to living my life with more balance.

What I really appreciated about Diane's approach is that she spent a lot of time understanding who I was, what my core values were, and what I really wanted out of the coaching process before we got started. This gave me the confidence that I would end up with solutions that were designed for me and my own particular needs and values.

I'm currently in the middle of a month of vacation – something that would have been unimaginable before I started working with Diane – but when I go back to work I'm still going to be working hard and my job will still be a very important part of my life – it just won't be almost all of my life which it had been for the past few years.

As my life has been changing as we've moved through the coaching process, I have realized that overwork and over-commitment had really made me lose perspective. Now I've got my perspective back and the promise of a better future and I am so grateful to Diane for making it possible. She is a great coach and a great companion to have on the road to changing your life."



Rosemary Oliver
Fundraising Director at Amnesty International
Toronto, ON

“Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.”

~ Bernice Johnson Reagon



Diane Rolston is a leading authority in being a Dynamic Woman and living a Dynamic Life. Combining a mix of coaching and personal development, Diane works with professional women to provide clarity, boost confidence and get them into action. She is a Certified Professional Coach, an engaging speaker, a workshop leader and the CEO of Dynamic Women in Action (DWA) a quickly expanding community of women. She was acknowledged as a finalist for the 2014 Leading Mom Award for her professional accomplishments and for the powerful impact she has on the women she inspires and empowers.

Diane left the life of the 9-5 employee and simultaneously became an entrepreneur and mother. Now a mother of two, business owner and community leader she considers herself an expert in change, work/life balance, prioritizing and getting things done! Diane's diverse work experience enables her to have a deeper understanding of what it takes to achieve our best and live with more confidence and satisfaction. She brings this understanding to her role as a workshop leader in her series of programs starting with Perfectly Balanced©.

Diane has presented at women's business seminars, professional development conferences and on international telesummits. With clients across North America she has worked with non-profit executives, top management leaders, small business owners, and professional women helping them get better results in a shorter amount of time. She sees women sabotage themselves, get overwhelmed

and second-guess their choices and uses her powerful questions to give clarity to what they really want and how they are going to achieve it. In 1:1 coaching sessions or her 'She's Goaled' © Coaching Mastermind Program, she helps people break down big goals and builds confidence so they can tackle their greatest obstacles and fears towards their success.

With her special mix of dynamics and heart she founded the group called, Dynamic Women in Action, where she facilitates engaging activities to help women get clearer about their greatness, success catalysts and the solutions to the obstacles (and all the while building strong relationships with other dynamic women). In only a few years the DWA community has grown to over 600 women and expanded to multiple locations.

Clients tell Diane that they love her sense of humor. That, “She's a positive person who constantly challenges your limits and helps you keep growing”. And she's known for cracking a joke as easily as she cracks the whip! Audiences comment on her dynamic style and how she always gives them a tool or challenge they can put into action and inspires them to make the changes they have been putting off.

In her own pursuits she pushes her limits, faces what scares her and never passes up a great dessert. As a mother, wife, coach and business owner Diane acts with love and courage because she knows that in all parts of our life, we have the opportunity to inspire others. More than anything, she focuses on her goals in life and helps other women do the same.



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“Diane is the real deal - she walks her talk.”

“One of the best decisions I have ever made was to commit to work with Diane Rolston. She is the real deal - she walks her talk and she shows up and supports her clients in whatever way she can (she even took the time to come out to one of my business meetings one evening - I was beyond impressed).

I hired Diane to help me with issues I was having in getting my business to the next level due to a number of things but two being around self worth and limiting beliefs.

Unfortunately not long into our work together my world imploded but Diane just rolled with it and switched between business coach and life coach depending on what my needs were on the day.

To say she was instrumental in keeping me together is an understatement - not only did she support and guide me but she elevated me which was a miracle given the circumstances. Diane helped me to visualize and then design a future life and made me believe it was not only possible but inevitable because there was no reason I couldn't make it happen - she empowered me and gave me back my hope and dreams.

Diane has a sixth sense when it comes to reading her clients - she tunes in very astutely to where they are at and through effective questions and gentle guidance she uncovers your inner demons, squashes them and then brings out the warrior in you. I absolutely loved working with Diane. If you are thinking about hiring Diane as a coach in any capacity my advice is - JUST DO IT!!!”



Suzanne Stewart,
 Lyoness IBR, & Coach
 at What Coaching
 Lies Beneath
 Coquitlam, BC



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Clients come to Diane with the following challenges:

- **Clarity:** Diane's clients want to make a change or take things to the next level, but don't know how.
- **Lone Wolf:** They're in the habit of "Doing it all themselves" but leaving money on the table.
- **Focus:** They're having trouble staying focused and want accountability.
- **Stuck:** They're ready to do the work and really want to succeed, but don't have anyone they can brainstorm with that is like-minded and they can trust.
- **Spread too thin:** They want a change, but feel like they can't possibly take on more.
- **No Catalyst:** Have a specific goal or end result and need a breakthrough, a solution or a cheerleader.
- **Balance:** Overly focused in a few areas of life/business so other parts don't feel satisfying and off balance.
- **In the little picture:** They're working on the day-to-day and aren't utilizing the big picture vision, so are missing out on the motivation.
- **The 2 Evil Ps:** Procrastination and perfectionism are holding their progress back and they aren't clear if it's a lack of motivation, a lack of knowledge or something else.
- **Fear:** Fear shows up and asks them, "Did you make the right decision? Do you know what you're doing? What if this doesn't work?" They now question their ability and decisions holds them back from achieving their goals and honoring their purpose.



Benefits of working together:

- You're working fewer hours and getting increased results, so you feel proud and can start doing things you didn't have time for before.
- You have a sense of work/life balance, so you feel grateful enjoying a stimulating fulfilling career and a rich personal life.
- You're using your core competencies, so you feel excited about your business, you can increase the amount of clients you have and can accomplish more of what you love.
- With your tools you're now able to focus, conquer procrastination and let go of things that aren't working. This allows you to achieve more in less time and have more guilt free time off.
- You're back working in the big picture, so now you can be proactive rather than reactive.
- You're free of perfectionism, so you're not feeling so swamped, instead more productive.



- You have time & mental space to work on what's important, not just what's urgent, so you feel less stress and can turn off outside of office hours.
- After discussing, brainstorming and creating a plan of action you know what to do and can trust your decisions.
- You have clear priorities and a strategy to evaluate opportunities, so you're confident in your moves.
- You have a manageable plan, so you're feeling successful in completing both short-term goals, and long-term milestones.
- You're working in line with your values, so your energy increases, you reach more people and have a bigger impact living and working your purpose.

“I have found my experience working with Diane to be invaluable.”

“The greatest benefits in working with Diane have been numerous - but to select the key points:

1. Confidence in my own ability to succeed.
2. Clarity - in my decisions and the goals I am working towards. Clarity to know where I am going.
3. Understand and overcome saboteurs to stay true what I want to achieve.
4. Customized tools I can use in my everyday personal and professional life.
5. Self acceptance of who I am. Not to judge or be critical of myself.
6. Diane's strong belief in who I am and who I can be! Amazing to have a confidant, mentor and cheerleader.

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Diane will challenge you to step out of your comfort zone and face fears. I have experienced new opportunities such as: completing self-development courses and becoming a blog writer to name a few.

Diane has provided me with support in many areas of life: personally and professionally. The key with Diane's approach is to review all facets - but you decide the topics you wish to review at each session. I have found there is often a definitive overlap between one's personal and professional life. Both have been improved working with Diane - as the tools and techniques you develop working with her will flow into both of these.

Initially, I met Diane when I attended a Dynamic Women in Action event in Vancouver. I chose to work with her because I was impressed with her ability to engage with each of the women and provide a supportive environment.

I had two phone conversations with Diane - prior to working with her and there were few key things that stood out for me:

**Claire Madin,
Entrepreneur & Health
Equipment Sales
Vancouver, BC**

1. Diane is open and honest. Diane is realistic and will not sugar coat things.
2. Diane is very grounded which I find refreshing.
3. The sessions are two way - we work as a team to overcome challenges and develop methods to build success.
4. Diane is always available to provide feedback.
5. I am accepted and there is never judgment.
6. It is a shared experience - both people contribute and learn from each session.
7. Diane will challenge you.

Diane will provide you with an invaluable experience - that will see you succeed both personally and professionally. You have the ability to customize your experience - to develop specific tools that will be relevant for you.”



“Diane is one of the most intuitive and yet practical coaches I have observed or worked with.”

“I originally started working with Diane while I was going through my coaching certification. During that time I tried another coach, who was actually an instructor of the program but I could not develop the relationship I had with Diane, so I went back to work with her. I have worked almost exclusive with her over the phone/Skype calls with the exception of one face-to-face meeting when I traveled to Canada from California on a business trip.

Diane is one of the most intuitive and yet practical coaches I have observed or worked with. She has a knack for getting to the root of my issues and true desires. She holds me accountable had has been my biggest cheerleader. I have worked with her in all areas of my life, work, business building, personal tragedy (that came unexpected during the course of coaching), personal and work relationships. She has provide insight, helped me identify a path forward, kept my "eye on the prize", I can't express how worth it it has been for me.

I work a full time job and run a direct sales business as well. Diane has helped me grow professional in both aspects through bold challenges, accountability, and really getting clear on what I most want.”



Michelle Peters
Reg. Dir. of HR at Southland Ind.,
Coach, & Rodan & Fields IBR
Pleasanton, CA, USA

“Diane has a natural ability to encourage you.”

“I have worked with Diane Rolston for over a year and in that time I have been able to face many fears that were holding me back, found my voice and gained confidence in my abilities and talents.



Keeley Saunders
Color By Amber IBR

Diane was supportive and encouraging but also pushed me when she knew I needed it. I loved the fact that she would call me out and push me to face my fears head on. I would recommend Diane to anyone that is looking for someone that will help you grow into who you know you really are inside and want the world to see.

Since beginning my journey with Diane she has encouraged me to tap into my inner strength. Most importantly she has shown me I can believe in it.

With the tools Diane has taught me, I have tapped into my inner courage and grown my business, which is still growing more each day. I love her approach, she is direct, honest and really calls you out when you know you are trying to skirt around uncomfortable areas.

Diane has a natural ability to encourage you and helps you to pull out your answers, rather than just give you them. Like every good athlete, a successful business owner needs someone there supporting, guiding and pushing you to your true potential, Diane Rolston is exactly the person you need!”