

SPEAKER SHEET

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AN INTRODUCTION

Captivating, evidence-based, and applied, Dr. Diana Hill takes the most cutting edge psychological science and helps you apply it to the challenges of daily life. Dr. Hill is an internationally known clinical psychologist, author, speaker, podcaster, and consultant.

An expert in Acceptance and Commitment Training (ACT), Diana guides individuals and groups in becoming more psychologically flexible—so that they can stay present, adapt and thrive during challenging times.



THE MISSION & VISION

Dr. Hill's goal is to help her clients find meaning, fulfillment and connection at work and at home, so that they can feel more productive, aligned and effective in all aspects of living. She offers science-backed tools, engaging didactics, and experiential exercises, so that participants can begin to create lasting change right away.

“ WHAT PEOPLE SAY? ”

“Clear and engaging...” “Amazing and practical...” “Had me in tears for many reasons...” This touches on why Dr. Hill is different by bridging the science and heart of change to the organizations and groups she serves.

SPEAKING TOPICS

- How To Use Acceptance and Commitment Training (ACT) To Thrive During Changing Times
- Psychologically Flexibility in Leadership
- How To Aim High Without Burning Out
- Compassionate Mind Training
- Self-Compassion for Parents
- The Behavioral Science of Habit Change
- ACT for Eating and Body Image Concerns
- Eat, Move, Rest: Use Psychological Science of Health