



DIANA R. DIAZ

ENTREPRENEUR WRITER STORYTELLER

I teach women how to tell their stories with impact

ABOUT DIANA

Diana Diaz is a skilled facilitator, keynote speaker, writer, storyteller, and Founder of Real Authentic Women Wellness (RAWW), a revolutionary nonprofit focused on breaking mental and sexual health related stigmas for women. As a wife, mother of 4-year-old twins, and survivor of severe anxiety herself, Diana is an avid advocate for mental wellness. She was motivated by her life experiences to create RAWW as a way to initiate informed dialogue in safe and welcoming nonclinical spaces. Named RAWWTalks, these events draw upon the art of storytelling to cover topics of depression, anxiety, sexual empowerment, sexual trauma, mental abuse and many more subjects that are typically considered taboo. After interacting with the women impacted by RAWW's work, she realized that there was a need for a tailored program that guides women in developing their voice. She found that most women had a story they wanted to tell but didn't know how to tell it effectively. This led Diana to create the Your Story to Tell Academy, a storytelling coaching program to help women craft their own impactful narrative and gain the courage to tell their stories apologetically.



TOPICS OF EXPERTISE



How to Tell Your Story with Impact & Unshakable Confidence



Finding Your Voice



Prioritizing Yourself in Motherhood



Navigating Anxiety & Postpartum Depression - A Nonclinical Perspective



Connecting to Your Inner Rebel to Fight Fear & Pursue Your Passions



Identifying Your Work & Life Balance

Each speaking engagement is customized based on client needs and goals.

EXPERIENCES



Performed at 2019 We All Grow Conference in Long Beach



Delivered Workshop at the 2018 Central CA Women's Conference



Delivered Keynote at the 2019 Central CA Hispanic Chamber of Commerce Women's Conference



Performed with Teatro Luna in Los Angeles



Hosted our 5th RAWWTalks



Coached Women on How to Craft an Impactful Personal Narrative

RECENT AWARDS & FEATURES



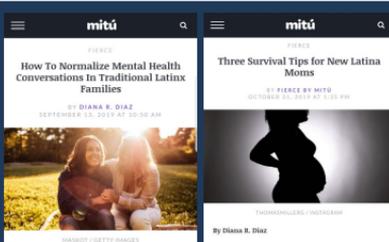
Awarded Community Champion of the Year by the Central California Hispanic Chamber of Commerce



Featured in Alegria Magazine's Holiday Edition "Latinas of Impact"



Awarded the Spirit of Women Award for Women in Community Leadership



Published in mitú - articles about mental and maternal wellness.

TESTIMONIALS

"It was amazing. I really am grateful that you were our speaker. The message you shared couldn't be more appropriate for what's going on in my life. I know everything happens for a reason and I know God is leading this. I've chaired this event many times in the past 11 years and I have to say.... this was the most impactful. I heard it all day long." Brandie Carpenter

"Diana dominated the stage and was able to transport the audience. Diana has a gift and she needs to keep sharing her story. Es poderosa!" - Kimberly Hernandez

"Diana's storytelling comes from a raw, personal place and yet she is able to make it accessible to anyone who happens to be in earshot of her voice. She isn't afraid to talk about the real emotions and feelings that are emitted from people who are closest to her. Part performative, part conversation, her stories speak to everyone while making you feel like you are in on a secret. I can say this first hand, because her story also spoke to me." - Christina Igaravidez

"Diana made me feel as if I was there with her. I could feel her pain to the point I was in tears. I also suffered from anxiety so her story touched me." - Sonia Rose

With the help of Diana, I was able to dig deep and connect with my inner self in ways I never thought I would be able to. She helped me uncover raw truths about my past and my present that I did not have the tools to uncover and find all on my own. She can light up a room with her presence and her vibes. She is inspiration. Gracias mujer. - Vivian Valderrama

"The moment Diana walks on stage she sets the scene. She puts you in the position of being the protagonist in her personal story of affliction. You feel the walls close in, you suddenly notice your own breathing, you are there with her as she summons up the strength to dial for help. It is incredibly empowering to have a fellow Latina stand up for the cultural inequities of mental illness and bring it to the forefront. She speaks to us and for us!" - Cynthia Guzman-Beahm

BOOK DIANA

Want Diana to speak at your next event?

Email info@yourstorytotell.org for availability and scheduling.

Or [click here](#).



DIANA HAS SHARED HER VOICE WITH



more at www.yourstorytotell.org