

Diane Simard - Top 100 Nat'l Women in Biz to Watch | Executive Leader Legacy Creator | Keynote Speaker | Breast Cancer Survivor | COPE Founder | Psycho-oncology Influencer - Episode 269

Show Notes

In this Episode:

- How a traumatic experience caused her to turn inward
- The epiphany she had in her early forties when she discovered she wanted more peace in her life
- Diane gets personal about her diagnosis with breast cancer and how this changed her life by catapulting her onto an unexpected journey
- Her experience in finding Behavioral Health Psychology
- How her journaling about her experience with cancer turned into a published book

Notable Quotes:

"I always did whatever it took, rolled up my sleeves, and got to work." -Diane Simard

"Through those ten months, I discovered so much about myself, how resilient I was and how strong I was." -Diane Simard

"What I learned had more to do with the fact that I had time to myself for the first time." -Diane Simard

"Failure is not an option. That was our mindset." -Diane Simard

"The more we got knocked down, the more determined we were to make something out of this." -Diane Simard

"Cancer is never invited, and cancer never leaves." -Diane Simard

3 Pearls of Wisdom:

- 1) Be authentic.
- 2) Be kind.
- 3) Be yourself.

Resources:

Diane Simard is a motivational speaker and podcast guest; a patient advisor for a digital therapeutics company; and a producer of media projects, including her monthly blog, Mid-life Moxie. Diane was recognized as one of the inaugural Top 100 National Women in Business to Watch by Bizwomen.com and one of the Top 25 Most Powerful Women by the Colorado Women's Chamber of Commerce. Her multi award-winning memoir, The Unlikely Gift of Breast Cancer, was also named one of the best breast cancer books of all time.

Website: <https://www.dianemsimard.com>

Facebook: <https://www.facebook.com/DianeMSimard1965>

LinkedIn: <https://www.linkedin.com/in/diane-moravec-simard/>

Link to this show: <https://www.kamiguildner.com/ewr-diane-simard-eps-269/>

#ExtraordinaryWomen #podcast #WomenRising #RaiseUp

Tag Kami on Facebook @KamiGuildner, Twitter @KamiGuildner, Instagram @KamiGuildner and LinkedIn @KamiGuildner