DIANE DEMETRE

Keynote Speaker & High Energy Activator

ACTIVATE GREAT!

How to Communicate with Every Step You Take

With more than 50% of global workers ready to walk out the door, leaders and high-performance teams often struggle to project confidence, communicate authentically, and maintain high energy in dynamic environments. But did you know that your body is already delivering a message through nonverbal communication that influences your outcomes long before you speak a single word?

In this high-energy, immersive keynote, Diane Demetre reveals how you can harness the science and art of movement to **activate your Presence, Passion, and Projection,** unleashing the power of embodied communication. Drawing on decades of experience in performance, leadership and dance psychology, Diane shows audiences how to **align their physicality with their purpose — transforming the way they show up, speak up, and spark meaningful connection and change.**

Whether you're walking into a boardroom or stepping into the spotlight, **the way you move communicates everything.**

KEY TAKEAWAYS

Activate Your Body Language

Learn to command attention through intentional posture and body language to boost credibility and confidence.

Activate Your Energy

Create a proactive, high-energy environment where enthusiasm and drive become contagious, leading to peak performance and sustained motivation.

Activate Your Communication

Align physical presence with vocal expression to foster more impactful interactions to increase trust and team cohesion.

RAVE REVIEWS

The energy that she brought reverberated across the whole room. If you need impact and a message that is delivered with clarity, Diane is just so masterful.

Dr Alfred Chidembo
Team Cohesion and Alignment Specialist

If you're looking for a speaker who can hold and keep the audience's attention, then Diane Demetre is the one.

Lindsay Adams OAM
CSP, HoF, Global Speaking Fellow

Diane's keynote was amazing. A unanimous standing ovation speaks volumes. Crawl over broken glass to get her involved in your next event.

Ian Stephens CSP
Cadence Convention Chair

UNIQUE APPROACH

Having performed for decades on large stages and armed with multiple business awards, Diane is a stand-out speaker who brings a rare blend of **entertaining engagement and high energy to every presentation.** If you want to activate your leaders and teams, **Diane is the catalyst you need.**

dianedemetre.com