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2026 Speaking Topics – 22 of the TOP Opportunities for a Live/Virtual Conference or Training Opportunities for Your Organization, Agency, Association or Club – Published June 2, 2026. 🌸 - Indicates the Most Popular!

Personal Growth/Motivational Courses

- 1. Functional Medicine: Healthy Living through Healthy Eating Choices.** Traditional Western medicine addresses symptoms and prescribes medicine developed by “Big Pharma” - while functional medicine addresses the root causes for chronic pain and illness. The vast majority of the current US population has grown unfit and unhealthy under SAD – The Standard American Diet. Switching to natural unprocessed foods, natural remedies and treatments will successfully address – and can often begin to reverse conditions such as type 2 diabetes, obesity, heart conditions, and other underlying chronic health issues. Such simple formulas have been around for centuries but are ignored by the bulk of the medical community.
- 2. 🌸 Building a Purpose-Driven Life.** Key concepts and legendary quotes and words of wisdom, focusing on developing a purpose for our lives and cultivating our LEGACY - is drawn from the most popular and inspirational motivational speakers in history. Individuals are encouraged to create their own personal MISSION and develop their own set of CORE VALUES. Perhaps just as important – they’ll learn how to divine their PURPOSE in life.
- 3. Personal Responsibility.** It is easy to blame others – or perhaps the economy, or your boss, or a spouse/partner, or the government – etc. etc. for your situation in life. From the time when human beings began walking upright, this rule has been in effect: if you want something to change, CHANGE YOURSELF. A simple start - create Goals, choose key core values, and focus on discipline. Then, adopt a “can-do,” positive attitude! It is up to you to change your life – not the economy, nor your boss, nor your spouse or partner – or a politician. Quit the blame game. You’re wasting valuable time. We’ve only been put on this planet for a short period of time. The clock is ticking. Taking personal responsibility returns huge rewards. Joe reviews the great scholars, motivational speakers and the most successful people in history to convince you – they all did it by taking personal responsibility.
- 4. Constructive Conflict is Good.** The best teams in any field – academic, business, and even sports, embrace conflict. In order for any team to progress, every team member needs to weigh in and share their own thoughts and life experiences in the context of the team vs. their own motivations. A methodology has been developed by Patrick Lencioni of the Table Group, to use conflict as a springboard for a team to achieve great things. Are you bored at every staff meeting? The same “blah blah blah” emanates from both the leaders and the followers? Every true leader knows that engaging in constructive conflict, bringing an open mind to the table, engaging listening skills, finding common ground is not only healthy but gives participants a feeling of inclusion, collaboration and “being heard.” Joe will share stories from his 50+ year career in business and lead some fun role playing to ensure that your team becomes skilled at using conflict in a constructive way, to achieve greatness.
- 5. High Intensity Interval Training (HIIT): Benefits for Heart Health.** Double-blind studies of individuals with plaque build-up on their arteries had to be halted... some individuals who enrolled to do HIIT training to prove that regimen reduces risk of cardio-related plaque buildup – died during the studies. So these studies in the US were halted by the medical community and government health officials. However, the results that continued outside of the US were stunningly successful, proving that arterial plaque can be reduced along with lowering one’s chances for a catastrophic event. *No actual physical activity will be required. This topic along with risks are presented via lecture.*
- 6. “The Power Of...” Series: Goal Setting for Novices.** Imagine piloting a boat, without a rudder. What ports-of-call will you get to in that darn boat? The likely answer is: NONE. Are you living your life like a boat adrift in the ocean? In order to get to what you want in life, you have to set SMART goals – Specific, Measurable, Achievable, Relevant and Time- Bound. Goal setting separates the 9-to-5’ers from the historically famous

entrepreneurs and artists that astound all of us with their amazing performances at work, on the stage and in their lives. Joe will walk you through the 5 steps of goal setting. Each student will be encouraged to create five SMART goals before the course ends.

7. **“The Power Of...” Series: ATTITUDE.** Joe dives deep into his mentor’s writings and messages to show the impact that a person’s attitude has on their success in life. Earl Nightengale, Jim Rohn, Napoleon Hill and many other motivational speakers knew that ATTITUDE almost always determined a person’s success in life. Joe will lead students to examine their own attitudes and guide them on how to make those difficult changes from being a victim to being a superstar, by shifting the gears of their attitude and outlook on life.
8. **“The Power Of...” Series: VULNERABILITY.** Many of us grew up in households or in cultures in which exuding emotions and expressing feelings were historically frowned upon by those in our community – and even punished. While this inculcated cultural norm of being stoic and reserved, tends to restrict emotional expression and instead, encourages a preoccupation with success, power, and competition – studies show that repressing expression of our emotions can result in depression, alcohol/drug use or even worse – suicide. A technique that social scientists use to allow us to express ourselves may appear contradictory, *expressing vulnerability*. We were taught to be stoic and strong, and expressing vulnerability must therefore be an expression of weakness. Joe uses research studies to prove that expressing our own vulnerability actually allows us to experience more of humanity, express empathy and to heal from those dictates by others attempting to repress our true feelings. Role playing will be utilized as a learning tool in this subject matter area.
9. **The Power of... “ Series: GRATITUDE.** From the dawn of humanity, a strange and uniquely human trait of gratitude emerged. With it, came power. Hunter-gatherers who recognized gratitude and enlisted collaboration were more likely to succeed and prosper vs. those who used force and punishment to enlist others to serve them. The dominance of the Homo Sapiens species grew exponentially from nomadic tribalism to our current highly complex, interdependent technological society. Gratitude however - isn't a necessary factor for progress. For example, forced compliance using fear and the threat of punishment allows kings, dictators and military leaders from having to build loyalty, a sense of a common purpose and a shared vision for the future. Yet, the lack of commitment to serve that tyrant may ultimately undermine his/her power and influence. Further, behavioral science theory finds that people who view themselves as victims or who blame others for their situation - reflects a total disregard for the concept that grateful people are powerful people. Joe examines the uniquely human attribute of gratitude and how to use techniques that focus on building collaborations, commitment to a cause, trust and respect. Joe will also explore the benefits of practicing gratitude daily.
10. ☼ **“The Power Of...” Series: EMPATHY.** Empathy is NOT sympathy. *Empathy* means walking in another person’s shoes - as distinguished from the definition of *Sympathy*: feeling sorry for another person’s (worn-out, crummy) shoes. To build a lasting relationship with a spouse, business partner or a stranger – empathy will connect you quickly and directly to another person’s heart, mind and spirit. Joe teaches ways to portray empathy, and how to develop the skills to be sincerely interested in another person’s life - and who they are as a person. He can show you the benefits and help you cultivate your own FUTURE – by embracing empathy.
11. ☼ **Job Burnout (now offered as a full, two day training!).** Job burnout has emerged as one of today’s most pervasive and somewhat common ailments. Jobs in society today seem to be gravitating towards becoming a performance-demanding and difficult daily ritual. This often results in our “life-work” balance to become very difficult to manage. Joe will examine the root causes of this phenomenon; examine the toll it takes on individuals and on employers as well; and explores some actionable, real solutions. In the second half of the training, Joe does a deep dive into understanding how *Team Building* within an organization can turn job burnout into successful collaborations and create a motivating spirit of comradery. Overseeing a dysfunctional staff is stressful. Joe examines the basic characteristics of a fully- functioning team and how these characteristics can be cultivated in your workplace.

Business Skills-Building Courses

12. ☼ **Conflict Management through Effective Mediation Skills-Building.** This course provides techniques and tips on how to resolve disputes and conflicts and includes real-life examples and role-playing by volunteers. Joe’s 50+ years of experience in mediating disputes, being in business, combined with his law degree and Certificate in Mediation from the University of Washington, provide many with ways for others to mediate disputes.

- 13. A Writer's Guide to Communicating Professionally.** This training covers the basic rules and best practices in becoming a highly effective and highly professional communicator in writing, speaking and writing e-mails. First impressions – often observed by others in your first communication, are critical for your credibility and is a reflection in many cases, upon your character, intent and who you are as a person. Choose your words carefully!
- 14. ☞ Networking: How to "Work" a Room and Build Relationships.** As business leaders, we are often called to attend conferences, meetings, fundraisers, trade shows and receptions. Studies show that over 90% of us feel uncomfortable entering a room full of strangers! Despite starting off life as an introvert, Joe quickly learned that it was essential to network with others to further his career, expand his contacts and ultimately improve his life. Many of these new acquaintances became Joe's friends, colleagues, employers - and many ended up funding projects for a cause he supported. After "working" hundreds of rooms over many decades, Joe created this course that includes the *Dirty Dozen - The Twelve Essential Tips for Successful Networking*. Joe uses both personal experiences and research from the experts to encourage his students to comfortably and graciously help you expand your cadre of supporters and friends!
- 15. ☞ Cultivating Resilience: A Guide to Becoming Anti-Fragile.** Joe examines the research behind resilient people, including public information shared by Professor Nassim Nicholas Taleb and Professor Martin E. P. Seligman. Adjectives like “anti-fragile” and resilient describes people who not only gain from chaos and unexpected, random events (such as economic collapses, terrorist attacks, pandemics, etc.) - but who actually flourish during and after such occurrences. In this lecture, Joe discusses a major component of being “anti-fragile” - the quality that allows some people to be knocked down by life and come back stronger.
- 16. ☞ Either a Workshop or a Facilitated, 1-Day or 2-Day Retreat in Strategic Planning.** The strategic planning process creates an actionable roadmap for the future. Whether you are an individual, a family, a sole proprietor, a major for-profit corporation, a nonprofit organization or NGO, a government agency or a coalition of like-minded leaders – you must have a sail, rudder and a good crew of like-minded individuals to get from where you sit today in the ocean of life, and your ultimate, chosen destination. Joe uses visioning exercises and SWOT analyses. *Joe facilitates on-site retreats from 1-2 days or can conduct a workshop on this topic.*
- 17. ☞ Accounting and Finance for Non-Accounting Professionals.** Reading financial statements and interpreting them may seem like learning a foreign language! It truly is not. Anyone can gain confidence in a very short time. A veteran accounting professional and former Chief Financial Officer overseeing \$3 billion in investment grade properties will explain in laymen's terms, what to look for and how to prepare and analyze financial statements and the basic systems used by professional accountants to accumulate and present financial information. Joe shares down-and-dirty analytical tips to get your arms around the numbers. *Presentations can be expanded to a full day's workshop.*
- 18. ☞ The New Board Member's Guide to Robert's Rules of Order.** US Army Colonel Robert's purpose in creating his publication, Pocket Manual of Rules of Order for Deliberative Assemblies, was to derive an everyday methodology from existing parliamentary procedure. Since its initial publication in the 1870s, what today is called Robert's Rules of Order, has been issued in 12 editions with the most current one, issued in 2020. The purpose of this presentation is NOT to make you a Parliamentarian or even an expert in the field; rather, it is to give you a bare-bones grasp on the procedures that take place in a meeting that states it must follow Robert's Rules of Order. In this training, Joe reviews the basics of virtually every board or association meeting... including such topics such as a quorum, notices, regular v. special meetings, annual meetings, standing rules, adjournment, the call to order, making motions – including motions to amend, motions to postpone indefinitely, motion to limit or extend a debate, motion to lay on the table, motion to suspend the rules – and other intricacies. Joe also covers committee processes and how they report to a governing board, how to address a chairperson “Mr. (or Madame) Chair” – and the unique responsibilities of the Chair, Secretary and Treasurer roles.
- 19. ☞ Either a Workshop or a Facilitated, 1-Day or 2-Day Retreat in TEAM BUILDING.** Using the materials provided by Patrick Lencioni, author of the New York Times bestseller, Five Dysfunctions of a Team, Joe will facilitate a 2-day retreat for your executive staff or your organization's leaders on how to build teamwork. Lencioni has created a model which focuses in on the *absence of trust, fear of conflict, lack of commitment, avoidance of accountability, and inattention to results* as the key impediments to teamwork

in the workplace. All materials in this Team Building topic area are subject to copyright laws and must be purchased from Lencioni's organization, The Table Group. Joe uses Lencioni's 291-page Facilitator's Guide, which is constantly being improved and refined by author. Shorter versions of the course are available. Typically, this topic as a speaking engagement, is not as effective as a facilitated team retreat, however.

- 20. Budget Preparation for Non-Accountants.** Having served in a variety of Controller, Chief Financial Officer and Executive Director positions - JOE KNOWS BUDGETS. Those of you who are not accountants need to know what goes into the numbers that you see at a staff meeting and/or board meeting. The numbers can be limits, or can be a guide – but the key is to learn the skills on how to interpret the data. You don't have to be a CPA to understand a budget. In fact, most leaders in management are not accountants – making this course an essential one for your personal and professional success. The content for the course applies to personal and household budgets as well.
- 21. Grant Writing Basics for Nonprofits.** While considered a small niche for nonprofits, many long-term benefits will accrue to nonprofit organizations that decide to “take the leap” – applying for and raising funds for projects and operations through grant writing. This course covers both time-saving and effective techniques to succeed in selective targeting and then successfully obtaining grant funding from government, corporate and foundation grant-makers. Joe has raised nearly \$5 million dollars from the funding community over his career.

NEWEST COURSE – Now Available

- 22. Sharpen Your Public Speaking Skills.** At some point in your life, you'll be called upon to speak before a group. Whether it be family, friends, neighbors, co-workers, potential customers/clients/supporters, or during a Zoom/Teams session – those who are the most effective speakers often have an array of content delivery techniques, ice-breakers, relevant and tasteful humor, vocal nuances, and other tools that are ready to pull out of their toolkit while presenting. A savvy speaker can read body language and the attention of his/her audience to test out these new approaches, on the fly. Joe's goal is to get you to that “drop the mic” moment!

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