

CONTACT:

Erin Diehl

248-396-9934

erin@learntoimproveit.com

***I SEE YOU!* IS EVERY LEADER'S GUIDE TO ENERGIZING YOUR TEAM THROUGH RADICAL EMPATHY**

Author and Host of The Improve It! Podcast, Erin Diehl, Takes You On A Journey of Self-Exploration to Discover a Newfound Sense of Self-love and Inner Peace that Translates Into Improved Leadership Performance.

CHARLESTON, SC, UNITED STATES, October 17, 2023 — We live in a world that runs on burnout. As leaders, it's time to stop running and start funneling energy into ourselves so that we can give energy to everyone around us. Author and host of The Improve It! Podcast, Erin Diehl, is thrilled to combine her eighteen years of leadership experience with her improvisational comedy expertise to create a mindset shift for busy, stressed out leaders in her new book, *I See You!*, hitting bookshelves on February 20, 2024.

In *I See You!*, Diehl guides you through the three-part curriculum of "Energy U" that teaches you how to love yourself, practice selfless leadership, and then combine these two to create a magnetic culture within your organization. This book gives you Diehl's time-tested methods for maximizing your energy so you can maximize the good you create for your team, your family, and, most importantly, for yourself. This book is for leaders in the business world or leaders of families, aspiring leaders, or anyone who wants to make a conscious effort to give more to themselves so they can give more to others.

Diehl empowers her readers through excerpts like this from the Introduction of *I See You!*, "You see, energy is all around you. You've been studying it your entire life. It's in every thought that pops into your mind, in every word you say, and in every action and interaction you have. You've been learning it since day one, but now it's time for a masterclass."

I See You! is available now for pre-order at itserindiehl.com for \$23.95 and will be available in hard cover, for Kindle, and on Audible on February 20, 2024 from Greenleaf Book Group.

To learn more about [improve it!](http://improveit.com) and to connect with Erin Diehl and her improvisers, visit [The Improve It! Podcast](http://TheImproveIt.com), [Instagram](https://www.instagram.com/erindiehl), [LinkedIn](https://www.linkedin.com/company/erindiehl), and [Facebook](https://www.facebook.com/erindiehl).

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ERIN DIEHL is a Business Improv Edutainer, Podcast Host, Failfluencer, and Keynote Speaker. Through a series of unrelated dares, Erin created improve it!: a unique professional development company that uses improvisational comedy and experiential learning to sharpen leaders and teams so they can thrive in ever-changing environments, and do it with a whole lot of laughs along the way. Erin is a graduate from Clemson University, a former experiential marketing and recruiting professional, and a veteran improviser from the top improvisational training programs in Chicago, including The Second City, i.O. Theater, and The Annoyance Theater. Having spoken on global stages with companies like Amazon, LinkedIn, and the Obama Foundation, Erin has an energy and message to share with the world that creates lasting ripple effects for change. As a graduate of the Goldman Sachs 10,000 Small Business Program and member of The Chicago Innovation Awards Women's Cohort, Erin is a living testament to the power of life-long learning, and how working to understand ourselves helps others to do so, too. Erin is the proud host of a Top 1% Global Podcast, The Improve It! Podcast, which you can find anywhere you listen to pods! Among her many accolades, Erin is most proud of successfully coaxing over 35,000 professionals to chicken dance.

www.itserindiehl.com