



DIANE LANG

THERAPIST, EDUCATOR & LIFE COACH

Baby Steps the Path from Motherhood to Career

From Playtime to Career – this course is about taking the steps to position yourself and prospective employers to optimize your return to work. Learn how being a mom helps you to be a productive employee as you discuss the challenges and learn how to “Get back into the swing of things” in professional employment.

New Beginnings – A Class for New Moms

Being a new mom can be exciting and overwhelming. This workshop provides a place to talk about the changes in our lives and perceptions. Discussion will include the necessity of self-care, changing identity, differences between baby blues and post partum depression, and the ups and downs that are a normal part of new mothering.

The Positive Parent

We all want to be the best parents we could be but how? Using Positive Psychology as its foundation, we can raise our kids to be more optimistic and happier.

Learn what traits can be learned? What should you be teaching your child? What types of environment nurtures a child towards a positive life style? What does a positive childhood develop into? Is it possible for a child to have an optimistic outlook on life? Are you a positive role model?

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally. A therapist and educator of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

A parent herself, Lang has taught Positive Parenting to parents and written extensively on the benefits of using it with even the youngest children. She has also spoken or conducted seminars on postpartum depression, striving for balance versus having it all and practical tips on interviewing, networking and dressing for success and is the author of “Baby Steps: the Path from Motherhood to Career.”

A therapist at the Universal Institute in Livingston, NJ Lang counsels patients with traumatic brain injury and substance abuse. Her clinical experience includes treating patients with different forms of mental illness, physical and emotional abuse and relationship issues. Lang is also an Adjunct Professor in Psychology at Montclair State University and Centenary College; her college work includes mentoring students for individual career counseling and personal issue advisement.

As an expert in her fields of therapy, Lang has been featured in the Daily Record and Cookie Magazine, seen on NJ 12 TV and the national television program “Fox & Friends”. She has also participated in a reality based Internet show, ourprisoner.com, hosted Generation X-tinet and appeared in various educational videos. In addition Lang writes a bi-weekly column “The Working Mom” at Mommytalk.com and sharing her expertise on parenting on The WTbQ Expat Show.

Diane Lang’s academic credentials include an M.A. in Counseling and a B.A. in Liberal Arts from the New York Institute of Technology.

Other topics:

- Talking to your kids about tough financial times
- Create Balance & Relieve Anxiety
- Identifying Learning Disabilities in the pre-school classroom

Sample Media Work:

- North Jersey Record (North Jersey Media Group)
An interview of Diane Lang by staff writer Teresa M. McAleavy
- The Wayne and Jayne show (KBS Radio in Canada)
Discussion on Mom's going back to work.
- Metro TV (Channel 26, 35) Guest Expert on Teen suicide.
Seeing the signs and early prevention.

For speaking engagements, please contact us at info@projectnextgen.com or (973) 736-6558.

www.projectnextgen.com/