



## About Becky Dieter/Speech Fitness®

Becky's dynamic background allows her to bring a broad scope of knowledge to her clients. Her career began in human resources for **Vitro Corporation**, a large defense contractor in the Washington, DC area. While on staff as general counsel at **Gibson Arnold & Associates**, a national legal placement firm, she conducted employment law training. Combining that experience with her law degree and career coaching, Becky contributes a vast array of resources to any organization. Her keen intellect, finely tuned intuition, and patient listening skills are her greatest assets.



In the area of human resources, Becky assists clients in developing job profiles that really fit the specific job description/personality sought after. She helps clients assess their personal attributes, aspirations and the perceptions, which will make for a successful "fit" in a position before they write a formal job description. Ultimately, her goal is to create a "win-win" for both the employer and prospective employee— if the prospective employee is the right fit for the job and the organization, s/he will have 'staying power'. With her extensive training in interviewing style and technique while employed with a national placement firm, Becky prepares the practice questions which are likely to be asked in an interview to glean the key information needed to qualify a candidate. She role-plays these with her client and offers feedback, to be certain that clients are well-prepared to answer and stay in control of interviews.

Becky is sought after by companies looking to retain talent in whom they have made a significant investment of time, money, training, and development, to help to transition them to another position. She guides these individuals through her proprietary analysis of skill sets and strengths in order to determine appropriate potential for success in alternate positions. Her strategic support along with her supportive guidance enables countless clients to achieve high-level results in repositioning their valued internal human resources.

Utilizing mediation skills developed during her law practice tenure and coaching certification from **The Coaches Training Institute**, Becky assists clients in conflict resolution and is an exceptional facilitator in this arena. She works with her clients to improve listening skills and to determine what questions need to be asked in acquiring necessary information as listening plays an important part in the process of resolving conflict.

Becky has a wonderful ability to pull people back from a rush to decision. She helps key decision makers to take the necessary time to ask the right questions, develop a plan, and gather information before moving forward—key ingredients to making long-lasting successful and powerful decisions. Training clients to truly hear pertinent details, leads to asking the right questions to help organizations reach their goals.

An energetic speaker and media contributor, the following are links to some of her recent articles: **[Making Change Can Change Your Life](#)** — Mountain Connection, August 2007; **[What is the Fear?](#)** — Mountain Connection, Feb., 2008; **[Stuck in a Job You Hate](#)** — Mountain Connection, March, 2008; **[Evaluate Your Career](#)** — Mountain Connection, April 2008; **[What Should I Be When I Grow Up?](#)**

Becky has a degree in Business-Personnel Administration from the University of Maryland, and her JD from the University of Baltimore. Working for five years with her husband, Rob, owner Communication Distributors, LLC (CDI, LLC) and Rapido Distribution Group, LLC (RDG, LLC) both telecommunication companies along with owning her own consulting practice, have provided Becky additional perspective around the administrative and financial realities of running a business.

She resides in beautiful Evergreen, Colorado outside of Denver with her husband, Rob, and two sons, Brett, and Kurt. Becky enjoys spending time with her family outdoors, traveling, and attending athletic events. Her two sons, Brett, 20, attends Aviation Mechanics College, and Kurt, 16, is a senior in high school. Formerly a competitive athlete, Becky remains active through exercise – primarily running and swimming.

### Additional credentials and affiliations

- Denver Coach Federation/International Coach Federation
- Women of Evergreen Business

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