



DORICE HORENSTEIN

Oy to Joy Resilience Speaker | Best-Selling, Award-Winning Author | Positive Intelligence Mental Fitness Expert



 dorice@doricehorenstein.com

 (503) 708-7675

EDUCATION

PORTLAND STATE UNIVERSITY

BA in English Literature (1989 - 1992)

- Cum Laude Certificate in Teaching
- English as a Second Language from the Linguistic Department
- Project Management certificate

CERTIFICATIONS

NATIONAL SPEAKER ASSOCIATION

- Board member National Speakers Association, Oregon (July 2022)

CERTIFIED POSITIVE INTELLIGENCE COACH

- Credential ID 45
- Positive Intelligence, Inc. (February 2021)

ESPEAKERS CERTIFIED VIRTUAL PRESENTER

- Credential ID 46192.c361
- eSpeakers
- Issued October 2022,

Dorice Horenstein, Oy to Joy Resilience Speaker, is a Positive Intelligence expert and a best-selling author of Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly. After years of leadership in the education field, Dorice transitioned and made the world her platform. Dorice inspires others to improve their mental fitness, sharpen resilience, navigate challenges, discover opportunities for growth, and thus find their champion within.

SELECTED SPEAKING APPEARANCES

- August 2024** MDRT Global Conference - Dubai
- May & July 2024** BPA
- April 2024** IIBA Minnesota
- March 2024** Aspect 2024 HR Conference
- February 2024** WFG REfresh 2024
- October 2023** Roehl & Yi Investment Advisers
- September 2023** NAPO Oregon
- August 2023** Florida Real Estate Conference
- July 2023** TURO Arizona, San Francisco
- May 2023** IBADD Central Iowa
- April 2023** Women In Leadership
- March 2023** IFMA At Nike HQ
- February 2023** WCR Oregon Conference
- January 2023** PMI Utah
- October 2022** WIT - Women In Technology
- September 2022** Inspire Conference
- May 2022** IBADD Central Iowa
- May 2022** CPX Properties
- June 2021** Standard Insurance WCN
- February 2021** WIPN Oregon
- February 2021** Country Financial - She Has It Conference
- May 2020** Thermo Fisher Scientific



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Creating positive culture by empowering leaders and teams to overcome challenges, develop resilience, find joy, and reach their potential.

WHAT CLIENTS SAY

Dorice is personable, knowledgeable, and very well-spoken, and it was a pleasure to work with her. I highly recommend her for motivational speeches for professional pursuits and personal growth.

Edwenna Ervin, MSIS, CAPM
Chairperson, PMI Palmetto Symposium

Dorice is an amazing speaker. In all honesty, she is an amazing person! She can keep the audience engaged throughout her entire time, leaves people with things to think about, and empowers her audience to be better humans when they leave.

Kyle Bach
Principal Broker, RE/MAX Equity Group

Dorice brings energy, positivity, enthusiasm, and humor - and combines it all together to deliver an outstanding message. Dorice is so genuine... her positive energy is contagious.

Ben Matson
Sales Manager, WFG National Title

Excellent motivational speaker, based on real life experiences, truth to reality and full of joy and excitement. Very inspirational, and full of key coaching skills to enhance personal and professional success.

Rey R Castillo
Business Development Executive, Marsden Service

Dorice Horenstein, renowned "Oy to Joy" International Resilience Speaker, transforms tactics into practical strategies! As a Positive Intelligence expert and best-selling author of Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly, Dorice motivates, inspires, and energizes global audiences to uncover their inner champions. With a background in educational leadership, she has made the world her platform, fostering positive cultures by empowering individuals to overcome challenges, build resilience, and find joy, leading to personal and professional growth.



TRAIN YOUR BRAIN AND IMPACT YOUR ROI

- Understand the neuroscience behind negative emotions and learn how to shift behavior from inhibiting productivity to creating success.
- Practice steps to enhance resilience and communication.
- Implement strategies to decrease stress and increase well-being



THE FOUR PRINCIPLES TO UNLOCK YOUR LEADERSHIP CHAMPION

- Practice Dorice's signature principles AMEN to CORE, Awareness, Mental Fitness, Communication, and Resilience, explaining their positive impact on leadership and personal life.
- Apply 3 mindset shifts to enhance leadership skills in various contexts.



THE WHOLEHEARTEDLY RESILIENT HUMAN: FOUR SECRETS TO GET YOU THERE!


- Apply the four secrets within chambers of resilience; Relationship, Spirit, Tomorrow, and Now, showing how each can strengthen your overall resilience.
- Identify values that intercept setbacks, and enhance their contribution to improved resilience.



BECOMING UNSINKABLE EVEN IF YOU CAN'T SWIM

- Address the power of "positive and negative fire" and how they influence our work environment and relationships.
- Recognize, and intercept self-sabotaging thoughts and behaviors.
- Use four tools to empower participants to grow in resilience, enhancing their wellbeing, relationship and performance

BOOK DORICE:

 1 (503)-708-7675



dorice@doricehorenstein.com



www.doricehorenstein.com



**“You cannot change your yesterday but you can inspire your tomorrow.”
Dorice Horenstein**

“Engaging, entertaining, & uplifting!”



“Dorice’s energy, positivity, and messaging are infectious. If you are looking for a keynote speaker that will leave an impact, Dorice is the speaker for you.”

Rashelle Newmyer
2024 President, Women’s Council of Realtors

“Dorice was excellent at engaging a group of people that did not know each other well.”

Alisa Pyszka
2022 CREW Oregon president
Executive Director, Center for Real Estate

“Dorice has the real talent of being able to combine a wealth of information with charisma and intellect.”

Victoria Blachly
Fiduciary Litigator, Samuels Yoelin Kantor LLP



TRAIN & COACH

Mental Fitness workshops & group sessions to diminish stress, creating high performing teams!



SPEAKER

Hire Dorice to craft a customized an engaging Keynote to your event. Topics include:
Work culture, leadership, resilience, Mental Fitness



AUTHOR

Check out Dorice’s Books: Gold-winning Moments of the Heart, Four Relationships Everyone Should Have to Live Wholeheartedly & Choosing- The 6 Step Playbook to Making the Right Choice for YOU

Watch 2 Minutes with Dorice Onstage



Dorice’s Books

Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly

Choosing: The Six Steps Playbook to Making the Right Choice For YOU



HAPPY CLIENTS



The Jewish Federation



Dorice Horenstein