



**dorice horenstein**  
FIND YOUR CHAMPION WITHIN

# DORICE HORENSTEIN

## FROM DISCONNECTION TO ENGAGEMENT

Champion Catalyst Speaker | Best-Selling, Award-Winning Author | Positive Intelligence Mental Fitness Expert

Dorice Horenstein, Oy to Joy Champion Catalyst, is an international speaker, Positive Intelligence® expert, and author of Choose to Be Your Own Champion and the best-selling Moments of the Heart. With infectious energy, humor, and practical wisdom, she helps people and organizations reconnect—with themselves, each other, and their mission—so they can lead with clarity, resilience, and joy. Through her CHOOSE and AMEN to CORE frameworks, Positive Intelligence® tools, and high-energy, joy-infused presentations, she transforms disconnection into connection, and ordinary into champion-level leadership.

Her mission is to ignite resilience, boost productivity, and elevate leadership through transformative storytelling, actionable strategies, and a joy-filled approach. Whether on stage or in workshops, Dorice empowers people to uncover their inner champions, cultivate meaningful relationships, and lead with confidence, purpose, and joy.



### Sample Keynotes & Workshops by: THE OY TO JOY CHAMPION CATALYST



#### TRAIN YOUR BRAIN & MASTER YOUR MIND

Understand the neuroscience behind negative emotions and disconnection, and learn how to shift behavior from inhibiting productivity to clarity and success.



#### CHAMPION YOUR JOY

Stories, science, and strategy that help leaders to connect and cultivate authentic joy—even in the face of stress. Because when leaders rise with joy, they lift everyone around them.



#### CHAMPION LEADERSHIP: THE 3 MINDSET SHIFTS TO BECOME A DESIRED LEADER

Empower every leader to connect and become a Champion implementing three transformative mindset shifts: Know and Own You, Know Them, and Ignite and Inspire Them.



#### WHOLEHEARTEDLY RESILIENT HUMAN: UNLEASH YOUR POWER WITHIN

Apply the four chambers of resilience and connect with your champion within: Relationship, Spirit, Tomorrow, and Now. End Result: Leaders equipped to lead with purpose and positivity

*Dorice helps leaders and teams transform disconnection into engagement, stress into strength, and ordinary into champion—one mindset shift at a time.*

#### TRUSTED BY:



#### BOOK DORICE:

1 (503)-708-7675

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www.doricehorenstein.com



# DORICE HORENSTEIN

From disconnected and discouraged... to engaged, empowered, and champion-level leaders.

## 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 powerful 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*

## ◆ THE PROBLEM

Today's teams face unprecedented challenges: Disconnection - From self, from others, from mission, purpose, clarity, and joy. This universal challenge shows up as stress, burnout, disengagement, low trust, stalled growth, and negative thoughts..

## ◆ THE IMPACT

Decreased productivity, low morale, higher attrition, and a lack of cohesion that can hold your organization back.

## ◆ DORICE'S MISSION

To empower and ignite leaders and teams to create environments where people feel connected, empowered, and inspired to rise above challenges. Dorice is #45 certified in Positive Intelligence in the world, ensuring she brings not only excellence but effective and inspiring tools to the table.

## ◆ WHAT DORICE OFFERS

Dorice offers keynotes and workshops designed to make a real difference—not just in the room, but long after your team returns to work. Her sessions are tailored to tackle the challenges your teams face today!

## ◆ FROM “ME” TO “WE”

Everything starts with the individual. A resilient, self-aware leader becomes a catalyst for positive change within an organization. Dorice's approach centers on transforming the “me” into a more connected, empowered “we.” Together, we can foster healthy relationships and resilient mindsets that drive collaboration, innovation, and growth.

## ◆ WHY CHOOSE DORICE?

- Inspires adults, professionals, and teams globally to exceed their potential.
- Encourages true connection and upliftment in both work and life.
- Uses Positive Intelligence (PQ), human behavior insights, and high-energy storytelling.
- Delivers authentic, relatable, and captivating talks.
- Ensures practical takeaways and an energized mindset for audiences.
- Guides people to harness mental power and embrace future possibilities.

## ◆ WHAT YOU CAN EXPECT

Whether Dorice delivers a keynote address, leads a leadership workshop, or facilitates a team-building event, Dorice brings her whole self to every stage. She is committed to investing in every person she meets, ensuring that her messages are impactful, relevant, and transformational.

## SPEAKING APPEARANCES

- June 2026 Plymouth WA
- June 2026 Schwabe Law
- May 2026 HCJF-
- May 2026 NAPMW
- May 2026 HR Alaska Cruise
- April 2026 OJCYF
- April 2026 Banking Association
- April 2026 IFMA Fusion International
- March 2026 Orthodontist Association
- March 2026 SHRM WA
- January 2025 BPAA
- February 2025 Lake County Joy Summit
- November 2024 Netflix
- November 2024 CREW Board Retreat
- October 2024 HR Florida SHRM State Conference
- August 2024 Women in Leadership
- August 2024 MDRT Global Conference - Dubai
- May 2024 BPA, WCR Regional
- April 2024 IIBA Minnesota, PMI, AAPPSPA
- March 2024 Aspect 2024 HR Conference
- February 2024 WFG Refresh
- October 2023 Roehl & Yi Investment Advisers
- September 2023 NAPO Oregon
- August 2023 Florida Real Estate Conference
- 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
- June 2021 Standard Insurance WCN

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