

# DORICE HORENSTEIN

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, Dorice equips leaders and organizations with the mindset and tools to turn stress into strength and setbacks into opportunities. 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 learn how to shift behavior from inhibiting productivity to creating success.



### CHAMPION YOUR JOY

Unlock your potential by embracing joy as a tool for resilience and leadership, learning to believe, think, feel, and act like a true champion while transforming adversity into opportunity.



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

Empower yourself to become a Champion Leader with 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; Relationship, Spirit, Tomorrow, and Now, showing how each can strengthen your overall resilience.

## TRUSTED BY:



## BOOK DORICE:

# DORICE HORENSTEIN

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*

## 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

## THE PROBLEM

Today's teams face unprecedented challenges: high stress, poor communication, and low motivation—all in an increasingly fast-paced world.

## THE IMPACT

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

## MY MISSION

I work with leaders and teams to create environments where people feel connected, empowered, and inspired to rise above challenges. I am #45 certified in Positive Intelligence in the world ensuring I bring not only excellence but effective and inspiring tools to the table.

## WHAT I OFFER

I offer keynotes and workshops designed to make a real difference—not just in the room, but long after your team returns to work. My 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. My 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 I'm delivering a keynote address, leading a leadership workshop, or facilitating a team-building event, I bring my whole self to every stage. I'm committed to investing in every person I meet, ensuring that my message is impactful, relevant, and transformational.

**BOOK DORICE:**

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