dorice horenstein
FIND YOUR CHAMPION WITHIN

DORICE HORENSTEIN

RECONNECT YOUR PEOPLE. INSPIRE YOUR AUDIENCE. CREATE LASTING IMPACT.

Champion Catalyst Global Speaker
Award-Winning Author | Mental Fitness Expert

Every organization wants to bring out the best in its people. Dorice Horenstein, The Oy to Joy Champion Catalyst, helps make this happen. A global keynote speaker, Champion Leadership & Positive Intelligence® expert, and best-selling author of *Choose to Be Your* Own Champion and *Moments of the Heart*, Dorice equips people to think clearly, choose intentionally, and act confidently. Blending neuroscience, mental fitness, practical wisdom, humor, and unforgettable storytelling, Dorice helps people reconnect with themselves, one another, and their purpose—transforming the hidden challenge of disconnection into positive relationships, resilient humans, and lasting joy.

Conference Keynotes by:
THE OY TO JOY CHAMPION CATALYST

TRAIN YOUR BRAIN

Improve focus, decision-making and collaboration under pressure

Everyone gets hijacked. This keynote reveals what sabotages you, followed by interactive brain challenges that strengthen your ability to quiet stress-driven thinking and allow non-reactive champion decision-making.

THE 3 MINDSET SHIFTS OF THE CHAMPION LEADER

Equip leaders with the mental fitness framework to succeed

Empower every leader to implement three transformative mindset shifts: Own You, Know Them, and Ignite and Inspire Them.

RISE TO YOUR CHAMPION LEVEL

Inspire confident leaders others trust and follow.

Develop a Champion Leader by learning to think clearly, choose intentionally, and act confidently —so you inspire trust, strengthen relationships, and bring out the best in yourself and others.

BECOME WHOLEHEARTEDLY RESILIENT

Reduce burnout without sacrificing performance.

Inspired by the four chambers of the heart, this keynote equips audiences with 4 Powers to strengthen resilience and reconnect with what matters most.

CHOOSE TO BE YOUR OWN CHAMPION - THE SIX-STEP PLAYBOOK TO BECOME YOUR BEST SELF

Making the right choice can be difficult. Discover the six foolproof steps to overcome self-doubt and hesitation, connect your heart and brain, and become the Champion of your own life. Every Keynote can be turned into a half and full day workshop

TRUSTED BY:

MDRT · Bonneville Power Administration · BPAA · Aspect Travel · HR Conference Cruise · Women's Council of Realtors Greater Portland Area · PDX · The Standard · IFMA · ThermoFisher Scientific · The Jewish Federation · WIFS Portland Metro Chapter · salesforce · Crew Portland · Country Financial · SHRM Washington State · Oregon Bankers Association

BOOK DORICE:

1 (503)-708-7675 · dorice@doricehorenstein.com · www.doricehorenstein.com

DORICE HORENSTEIN

The greatest moments at conferences happen when people reconnect—with themselves, each other, and what matters most.

WHAT CLIENTS SAY

Dorice's energy & commitment to excellence stood out for me. Dorice delivered **a high-energy session** with great content that **engaged the entire room!**

Jamie McIntyre
Speaker liason MDRT

Dorice is **a pleasure to work with.** She is a true professional and **brings energy, a passion for** the topic and life in general, along with **an infectious enthusiasm**. I was very appreciative of the effort **Dorice understood our audience.**

John Karabatsos
Bowling Proprietors Association of America

She truly infused our event with Joy - energy, fun, inspiration and motivation! She is **bold and brilliant**! I highly recommend her for any event you want to be a success. She **delivers beyond** any expectation! **Both audience members and committee members loved** her. She helped us with suggestions on how to make our event the best it could be. S**he is the same on and off the stage**, very giving and very kind.

Cheri Neal
Joy Summit Zion Township

Dorice is magnetic and **speaks life into her audience**. Her energy when she speaks is **so undeniable**, and she stayed for the entire day of the conference, which is so refreshing compared to so many other speakers. **Hire her**!! She will bring so much value to your event!

Kareen Millsl
Angel investor Sugar Mommy Media

Dorice kicked off the opening keynote bright and early, when many of us had just fought traffic and were still waking up with our coffee, and immediately brought energy and enthusiasm to the room.
What stood out most to me was **how quickly she got people engaged.** It's not easy to get a room full of HR professionals up and participating... **and yet she had multiple people on stage,** involved in **an activity, laughing, learning**, and fully bought in. That says a lot about **her ability to connect and create a safe, engaging environment.**

Cheyanne Schaefer
SHRM WA President 2026

AUDIENCES LEAVE

✓ Laughing ✓ Thinking differently
✓ Feeling connected ✓ Equipped with practical tools

WHY CHOOSE DORICE?

- Over 1900 100% satisfaction ratings on Talkadot.
- Featured monthly on TV: KATU AM Northwest
- Thinkers360 Top Global Thought Leader
- 30+ years of leadership in the education sector
- Global keynote speaker. Corporate impact: spoke at over 60 conferences and companies such as ThermoFisher, Salesforce, MDRT, Netflix, Schawbe Law, IFMA, SHRM, Banking & Insurance Associations
- Engaging and dynamic, ensuring practical takeaways.
- Customization of presentation uniquely to each conference's needs

EVENT PLANNERS LOVE WORKING WITH DORICE

- Easy to work with • Fully customized • High audience engagement
- Practical takeaways • Professional from start to finish

THE PROBLEM DORICE SOLVES

People become disconnected from themselves, one another, and their purpose. The symptoms include stress, burnout, ineffective leadership, low trust, poor communication, conflict, and lack of belonging. My work reconnects people so they thrive and succeed.

THE IMPACT OF THE PROBLEM

Decreased productivity, low morale, higher attrition, and a lack of cohesion that is costly and detrimental to organizations

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. Awareness, clarity, and actionable steps that create success and joy

DORICE'S MISSION

To help people bring out the best in themselves and others, by thinking clearly, choosing intentionally and acting confidently.

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