dorice horenstein
FIND YOUR CHAMPION WITHIN

DORICE HORENSTEIN

RECONNECT YOUR PEOPLE. STRENGTHEN PERFORMANCE. BUILD CHAMPION LEADERS.

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

Every organization is trying to solve stress, burnout, and low morale. The deeper problem is disconnection. The greatest competitive advantage isn't technology. It's people who stay connected under pressure.

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 author of *Choose to Be Your* Own Champion and the bestselling *Moments of the Heart*, Dorice equips leaders and teams to think clearly, choose intentionally, and act confidently so they succeed. Blending neuroscience, mental fitness, practical wisdom, humor, and unforgettable storytelling, she helps people reconnect with themselves, one another, and their purpose—transforming the hidden challenge of disconnection into stronger leadership, deeper relationships, resilient teams, and lasting performance.

Corporate Keynotes & Workshops

TRAIN YOUR BRAIN

Improve focus, decision-making and collaboration under pressure.
In a world of nonstop demands and decision fatigue, leaders need more than grit—they need mental agility. This keynote reveals how to rewire your brain in real-time, shifting from reactivity to resilience using science-backed tools. Grounded in Positive Intelligence and neuroscience, this session delivers an energizing and practical roadmap to mastering the one muscle that drives it all—your mind.

RISE TO YOUR CHAMPION LEVEL

Create leaders people actually want to follow.
Develop the mindset of a Champion Leader by learning how to think clearly, choose intentionally, and act confidently. Thus, inspire trust, strengthen relationships, and bring out the best in yourself and others.

THE 3 MINDSET SHIFTS OF CHAMPION LEADERS

Equips your leaders to lead with greater clarity, courage, and connection. Through three transformative mindset shifts—Own You, Know Them, and Ignite & Inspire Them—leaders uncover how to magnify their strengths, connect with team members, and inspire performance, even in high-pressure environments.

BUILD A WHOLEHEARTEDLY RESILIENT WORKFORCE

Build resilient teams that thrive through uncertainty.
Inspired by the four chambers of the heart, this keynote equips participants with the practical framework to strengthen relationships, reconnect with purpose, cultivate hope, and build daily habits that sustain resilience through life's challenges.

Each Keynote can be turned into a half and full day workshop

TRUSTED BY:

MDRT · Netflix · hp · Bonneville Power Administration · BPAA · Aspect Travel · Cruise · Women's Council of Realtors Greater Portland Area · PGE · 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:

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DORICE HORENSTEIN

**ORGANIZATIONS DON'T HAVE A MOTIVATION PROBLEM.
THEY HAVE A CONNECTION PROBLEM.**

WHAT CLIENTS SAY

Dorice is a **dynamic** speaker who brings **energy,** authenticity, and expertise to her presentations. She is engaging, relatable, and has a unique ability to **connect with audiences**. delivering practical strategies they can **immediately apply**. Dorice is also incredibly **easy to work with.** She is responsive, professional, and committed to creating a meaningful experience.

What sets Dorice apart is her **genuine passion for helping people** navigate life's challenges with greater confidence and purpose."

Kim O'Donnell
Director of Lawyer Development Schawbe Law

Phenomenal trainer, mentor, and speaker who has made a **meaningful impact**. She delivered **relatable, practical,** and immediately applicable content—and the response from our leaders was **a resounding two thumbs up**! If you're looking for a speaker who inspires real growth and lasting impact, **Dorice is your go-to.**

Dacon Hayesl
Director of HR Plymouth Company

Dorice Horenstein was an e**xceptional speaker** on the HR Conference Cruise®. She delivered both our opening night keynote and an in-depth workshop, and each **session was engaging, insightful,** and packed with **practical strategies that HR professionals** could immediately apply when they returned to their organizations.

Dorice has a **remarkable ability to connect with her audience,** blending meaningful stories with actionable takeaways. **Her presentations inspired thoughtful discussion while providing real-world tools** and techniques that attendees could put into practice right away.

The **feedback from our attendees was overwhelmingly positive,** and it **was clear that Dorice made a lasting impact** on the conference experience. I **highly recommend her to any organization looking for a dynamic, knowledgeable,** and inspiring speaker who delivers tremendous value.

Mike Medoro I
HR Conference

Dorice Horenstein delivered an inspiring and impactful presentation at our recent **Women in Oregon Banking** Luncheon. Her energy, authenticity, and ability to connect created a truly meaningful experience. **Attendees left with practical insights and a renewed sense of purpose.** She was also **a delight to work with.** I would recommend her as a speaker for **organizations looking to inspire and engage their audiences.**

Lori Kaliher
COO of the Oregon Bankers Association

IS YOUR ORGANIZATION EXPERIENCING:

Rising disengagement? Stress and Burnout?
Leadership fatigue and poor communication?
Teams working harder but accomplishing less?

Dorice helps organizations reconnect people with themselves, one another, and their purpose—creating resilient, engaged, high-performing teams.

WHAT DORICE DELIVERS

Dorice offers keynotes and workshops that equip leaders and teams with tools to think clearly, choose intentionally, and act confidently, so they can build workplaces where people and performance thrive long after the teams return to work.

WHY CHOOSE DORICE?

- Over 1900 100% satisfaction ratings on Talkadot.
- Featured monthly on 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

ORGANIZATIONS HIRE DORICE BECAUSE.

- She changes behavior—not just attitudes.
- Leaders leave with tools they use immediately.
- Every keynote is customized.
- She blends neuroscience with practical wisdom.

DORICE PHILOSOPHY: 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.

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