

Dorice Horenstein

The Oy to Joy Champion Catalyst



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Helping organizations bring out the best in their people so they think clearly, choose intentionally, and act confidently, especially under pressure.

Your People Aren't The Problem. Disconnection is.



When pressure rises, people disconnect
from clear thinking, from one another, and from purpose.

That's Disconnection.

That disconnection shows up as stress, poor communication, declining trust, disengagement, and weaker performance.

Dorice Horenstein, *The Champion Catalyst*, uses a mindset framework that reconnects brain, heart, and action.



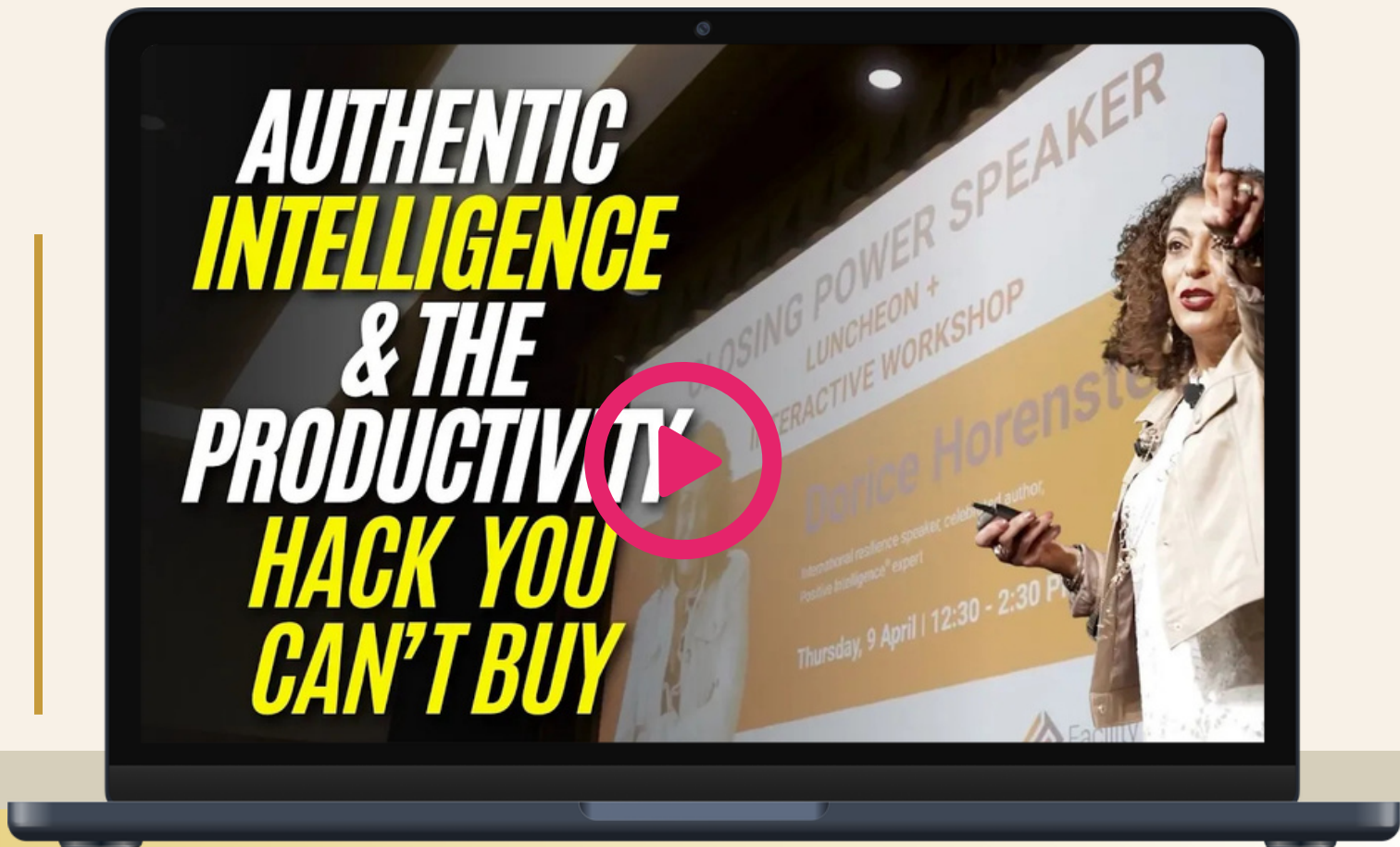


Why Organizations Book Dorice

- **Connection is part of the experience.**
She does more than speak about connection. Audiences experience it in the room.
- **Mental fitness made practical.**
Neuroscience and Positive Intelligence® become valuable tools people can use immediately.
- **High energy with substance.**
Humor, storytelling, interaction, and wisdom create the experience people remember.
- **Signature frameworks that stick.**
Champion Mindset, CHOOSE, Champion Home, and other tools extend the learning beyond the keynote.
- **Measurable audience impact.**
Backed by 1,900+ verified audience responses, with 97% saying they would recommend Dorice and see her again.

WATCH DORICE

Bring Out The Best In Your People



SCAN HERE



**Watch What
People Say
About Dorice**



MEET

Dorice Horenstein

THE OY TO JOY CHAMPION CATALYST

Dorice Horenstein helps organizations bring out the best in their people by creating a path to human flourishing under pressure.

An international keynote speaker, Mental Fitness expert, and best selling author of Choose to Be Your Own Champion and Moments of the Heart, Dorice brings more than 30 years of leadership and education experience to her work with leaders and teams.

With infectious energy, humor, and practical wisdom, Dorice transforms stress into clarity, disconnection into meaningful connection, and everyday challenges into opportunities for growth. She equips people with the Champion Mindset and practical tools to think clearly, choose intentionally, and act confidently when it matters most.

Dorice inspires people to rise to their Champion Level, strengthen relationships, and create workplaces where people and performance flourish together.



“Dorice is a Champion Catalyst who brings out the best in people, turning disconnection into champion leadership, a stronger workforce, and lasting impact.”

TRUSTED BY:



SIGNATURE KEYNOTE

RISE TO YOUR CHAMPION LEVEL



DESCRIPTION AND AUDIENCE TAKEAWAYS

In a world where pressure is constant, technical skill is not enough. This energizing keynote strengthens the way leaders and teams think, feel, and act. Participants leave with practical tools to turn stress into clarity, disconnection into trust, and good intentions into consistent follow-through.

Bring out the best in people when pressure is high.

- Think Like a Champion
- Choose Like a Champion
- Act Like a Champion
- Create the Conditions to Thrive



MENTAL FITNESS KEYNOTE

TRAIN YOUR BRAIN



DESCRIPTION AUDIENCE TAKEAWAYS

Everyone gets hijacked. This keynote reveals the stress-driven thinking that sabotages performance, followed by interactive brain challenges that strengthen the ability to pause, regain clarity, and make non-reactive Champion decisions. Grounded in Mental fitness techniques and strategies, the experience is practical, energetic, and immediately useful.



**Improve focus,
decision-making,
and collaboration
under pressure.**

- Recognize the hijack
- Build mental agility
- Strengthen decisions
- Collaborate with clarity

LEADERSHIP KEYNOTE

THE THREE MINDSET SHIFTS OF CHAMPION LEADERS

**Build leaders
people trust, follow
and remember.**

- Own You
- Know Them
- Ignite and Inspire Them

DESCRIPTION AND AUDIENCE TAKEAWAYS

Leaders learn three transformative mindset shifts: Own You, Know Them, and Ignite and Inspire Them. The framework equips them to lead with greater clarity, courage, and connection, build trust, reduce burnout, and inspire performance even in high-pressure environments.



RESILIENCE KEYNOTE

BUILD A WHOLEHEARTEDLY RESILIENT WORKFORCE

DESCRIPTION AND AUDIENCE TAKEAWAYS

Inspired by the four chambers of the heart, this keynote equips participants with a practical framework to strengthen relationships, reconnect with purpose, cultivate hope, and build daily habits that sustain resilience through life's challenges. People leave supported, energized, and ready to move forward with intention.



Build resilient teams that thrive through uncertainty.

- Reconnect with purpose
- Strengthen relationships
- Cultivate hope
- Practice resilience daily



EXTEND THE EXPERIENCE

FROM KEYNOTE TO LASTING PRACTICE

Every keynote can become a half-day or full-day workshop. Dorice also supports continued learning through Become Your Own Champion, her self-paced course designed to help people turn insight into daily action.

FROM KEYNOTE MOMENT TO LASTING CHANGE



KEYNOTE

Inspiration that sparks insight and possibility.



WORKSHOP

Interactive learning that builds skills and confidence.



COURSE

Self-paced learning that deepens your growth.



BOOKS

Resources that reinforce and support your journey.

One experience.
Lasting impact.

A seamless path—from the power of a keynote to practical tools, deeper learning, and lasting reinforcement.

CHOOSE TO BE YOUR OWN CHAMPION

The six-step playbook for overcoming self-doubt, connecting heart and brain, and becoming the Champion of your own life.

MOMENTS OF THE HEART

Four relationships everyone should have to live wholeheartedly, helping readers reconnect with what matters most.



WHAT AUDIENCES SAY

ENERGY IN THE ROOM. IMPACT BEYOND IT.

1,900+

verified audience
responses

“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.”

KIM O'DONNELL | Director of Lawyer Development

91%

manage stress
more effectively.

“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!”

DACON HAYES | Director of HR, Plymouth Company

97%

would recommend
and see Dorice again

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

JAMIE MCINTYRE | Speaker Liaison, MDRT

92%

stronger teamwork
and collaboration

FOR YOUR EVENT

READY TO WELCOME DORICE?

Your audience will laugh, reflect, reconnect, and leave with practical strategies to think, choose, and act like a champion.

BOOK DORICE FOR YOUR NEXT EVENT



45-60 SECOND SPEAKER INTRODUCTION

Our next speaker believes that championship is not reserved for elite athletes. It is a choice each of us can make every day. Known as the Oy to Joy Champion Catalyst, Dorice Horenstein works with organizations to bring out the best in their people by creating a path to human flourishing under pressure. An international keynote speaker, Mental Fitness expert, and best-selling author of Choose to Be Your Own Champion and Moments of the Heart, Dorice has inspired audiences from organizations including Netflix, Salesforce, Thermo Fisher Scientific, MDRT, SHRM, and the Women's Council of REALTORS. Get ready to laugh, reflect, and leave with practical strategies to think, choose, and act like a champion. Please join me in welcoming Dorice Horenstein!

BOOKING & MEDIA

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BASED IN Portland, Oregon | Available worldwide