

Speaker Introduction for your MC / Host

I'm excited to be introducing you to Heidi Dening, a self-leadership and resilience expert, who has just been named 'Best International Keynote Speaker' in the Asia Pacific region. She has a best-selling book called 'Her Middle Name Is Courage' and often appears in the media as an authority on organisational and professional resilience.

Over the last 22 years she has started, scaled and sold an award-winning health, fitness and education business; founded an international not-for-profit with hundreds of volunteers across three countries; and delivered performance-enhancing programs to organisations such as Westpac, Accenture, Metcash and many more.

Heidi believes that education changes lives and is here with us today to share the resilience insights she has gained from years of study, as well as rising above many of her own adversities (we are talking a gunpoint kidnapping, a paralysing illness, a tsunami, and petrol bombs), and how these insights can empower us all to keep moving forward during tough times.

Please join me in welcoming Heidi Dening.