

SPEAKER. AUTHOR. EDUCATOR.

# Heidi Dening

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*"Vibrant and engaging on stage, equally amazing in a virtual environment."*

Claire Baines, GM,  
Hands Across The Water

“

*"Let's be honest, there are many speakers out there, but no-one like Heidi."*

Cory Cvetkovic, MD Haworth,  
Australia & NZ



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# Internationally Respected Speaker

Heidi empowers her audiences and gives them practical strategies to:

- Banish Burnout
- Cultivate Courage
- Polish Performance
- Replenish Resilience



*The energy Heidi immediately brought to the room was captivating - she is clearly an expert and stands out in terms of her knowledge, delivery, personality and enthusiasm.*

Ronnie Altit, Insentra CEO and Founder

# Experienced Empowering Energetic and Elegant

All presentations can:

- Be delivered on stage, as live webinars, pre-recorded masterclasses, or streamed as a keynote to your virtual conference.
- Be adapted to suit your needs, with lengths of between 25 and 90 minutes.
- Include an online resilience scorecard, digital workbook, live polling, Q&A, interactive activities, extra resources, pre-work and/or homework.

With so many details to manage, your speaker should give you the confidence that you have secured an expert who is also motivated to make your event a success.



## KEYNOTE SPEAKER

Over 200 presentations, in 4 countries, across 16 industries for Accenture, St George Bank, University of Sydney, Metcash and many more.



## VIRTUAL PRESENTER

For leaders and their teams via hybrid conferences, virtual events, live webinars and/or pre-recorded masterclasses.



## AWARD RECOGNITION

including Best International Keynote Speaker (Asia Pacific), Westpac's International Women's Day Local Hero and Australia Day Merit Award.



## BEST SELLING AUTHOR

Her Middle Name is Courage: How Self-Leadership Transforms Pressure into Performance, Chaos into Clarity and Rage into Resilience.



## EXPERIENCED EDUCATOR

Customised online webinars or inhouse workshops for your professional development programs.



## MEDIA EXPERT

on Channel Nine's Weekend Today, SBS World News, Mamamia, ABC Radio, Sydney Morning Herald & lots more.

# Inspiring Presentation Topics

## Onstage and Online



TOUGH TIMES DON'T LAST,  
RESILIENT PEOPLE DO.



COURAGEOUSLY BOUNCE  
FORWARDS DURING  
UNCERTAIN TIMES.



STOP. REVIVE. THRIVE.  
MASTER THE ART OF  
REJUVENATION.

“

*"Heidi presented at a Culture Change conference that I attended. It was the highlight of the day, and we immediately booked her for our company's staff summit because of this."*

Maxine Bartlett, HR Manager  
ReachOut Australia

“

*"Heidi brought great energy, warmth and insight to the conference."*

Mark McCrindle, Social Researcher  
McCrindle Research



For all speaking topics  
and show reel go to

[HeidiDening.com](https://HeidiDening.com)





# Winner - Best International Keynote Speaker (Asia Pacific)

## Empowering Educator

Heidi's empowering education content is a unique compilation of:

- science based facts from her degree;
- over 22yrs of experience educating organisations and their people with performance-enhancing programs;
- insights rising above real-life adversaries such as paralysing illness, gunpoint kidnapping, tsunami terror and narrowly escaping being burnt alive.

## Value-driven Entrepreneur

Heidi is on a crusade to make sure leaders and their people are resilient enough to work at their fullest potential, despite change, stress and uncertainty.

She is humbled by the fact that her training and development programs, keynote presentations, insightful content and regular contributions to global education projects have already transformed the lives of thousands of people worldwide.

“Heidi is without a doubt one of the best speakers I have worked with, ensuring that her presentation was tailored to fit the needs of the audience and our business. She attracted the most attendees to our breakfast session to date, selling out within the first 24hrs of release.”

Sarah Ferraina, Marketing, Comms & Events, Beaumont People

## Our Gift To You

### Pre and post-event Resilience Scorecard

- Engage and add value with your attendees before your event even starts.
- Let them check their behaviour change post-event and be reminded about the positive impact you had on them.

Ask us about the other extra gifts we can organise for you.



## Book Heidi Now

Book your confidential and obligation free [event development discussion](#) with Heidi to craft an inspiring world-class presentation package based on your event goals and targeted to your audience.

**Heidi@HeidiDenning.com**  
**0417 66 22 94**