# CDU Receipt

**Presentation Title:** Magnify Your Power. Satisfaction=Success.Retrain Your Brain and Impact Your ROI

**Presentation Description:** If “thoughts are the language of the mind and emotions are the language of the Heart” as Dr. Joe Dispenza describes, are you able to locate, at times intercept, and as a result influence your thoughts to consistently convey positive emotions, translating into behavior that creates an empowered and effective YOU? Are you capable of converting your emotions from present pain to future benefit? As individuals, we will understand how and why we sabotage ourselves and the ways we can shift and position ourselves to achieve satisfaction and success. Join us to learn the tools behind Positive Intelligence to improve your mental fitness and get your return on investment!

Objectives for this presentation:

1. Understand and Identify behaviors that support and sabotage our performance and inhibit our productivity.
2. Learn to eliminate self-defeating behaviors and tools to replace them.
3. Implement 4 actionable steps to move toward desired behavior.

Learning Outcome:

1. Recognizing and addressing the power of positive (Sage) as well as the negative (Saboteur) energies” within you.
2. Tips for healthy productive communication, at work and home.
3. Eliminate self-defeating behavior and enhance your relationships.

**Contact Hours:** 1

**BABOK Coverage:**  Chapter 2: Business Analysis Key Concepts

## Presenter(s): Dorice Horenstein

**Speaker Biography:** After serving as an officer in the Israeli army followed by many leadership years in the education field, Dorice transitioned to make the world her platform. Her award-winning bestselling book Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly was published in 2020, providing Dorice with the opportunity to use her knowledge and expertise to speak on international stages. Through sharing personal stories, concepts, and tools in Positive Intelligence, Dorice helps her clients improve their mental fitness, navigate challenges, discover growth opportunities and thus find their champion within.

Dorice is known as the Oy to Joy speaker, and her energy and charisma are her signature tools in speaking and facilitating to all audiences whether virtually or in person.

Presenting and training is Dorice’s superpower. She defines T.E.A.M. as Together Everyone’s Attributes (are) Magnified. Dorice motivates others to identify their strengths and improve effectiveness and become the leaders they are meant to be. She promotes healthy and positive relationships that reduce stress and helps clients achieve higher retention as well as a positive atmosphere in the workplace (and at home!).

When giving keynotes, Dorice invigorates audiences using impactful stories of challenges sprinkled with tips of positivity to gain awareness.

When coaching, leaders are moved to take actions that bring their potential into reality.

When delivering training and workshops, Dorice enhances teams’ effectiveness and promotes healthy and positive relationships by using AMEN to CORE, her 4-step approach, Awareness, Mental fitness, Communication, and Resilience.

Dorice passionately believes that positivity is an "inside out” practice that instills a calm, laser-focused approach, produces success and growth, AND can be taught to strengthen, cultivate and inspire others to live a joyful, healthy, and positive life!

Dorice gained her coaching certifications through the International Coaching Federation and Positive Intelligence organization. Dorice is a member of the National Speaker Association, serves on the NSA Oregon board, is a fellow member of IOC, at McLean Hospital, a Harvard Medical School affiliate, and is Past President of Toastmasters for Speaking Professionals.

## Event Details

## **Date:** 2023-02-16

**Host:** IIBA Central Iowa Chapter

**Location:** Online

# Validation

This receipt is proof of attendance at the meeting described above by the following individual:

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Attendee Name