

BOOK HEIDI FOR YOUR NEXT EVENT

From high-energy keynotes to immersive team reset days and dynamic event roles, Heidi brings the One-Minute Reset™ to transform stress into clarity and performance fast.

Keynotes & Workshops

High-energy One-Minute Reset Keynote (60 mins) or interactive workshop (90 mins) that resets stress and transforms rooms fast.

[**BOOK A KEYNOTE**](#)

Team Reset Days

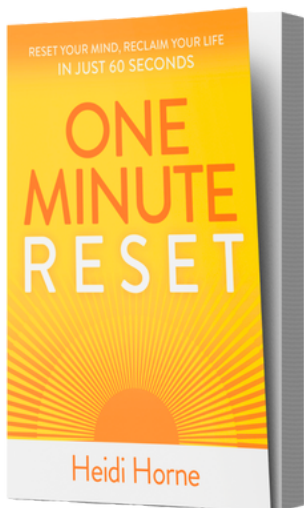
Immersive half or full-day Peak Pathway to Your Power sessions using the 4R Framework for lasting team energy and performance.

[**BOOK A RESET DAY**](#)

Other Event Roles

- Engaging MC
- Panel Host
- Fireside Chats
- Breakout Sessions

[**BOOK HEIDI IN**](#)



**Author of One-Minute Reset
(WILEY)**
Keynote Speaker
Stress Strategist
Peak Energy Coach
App Founder



[**HEIDI'S SPEAKER ONE SHEET**](#)

[**BOOK HEIDI IN - ZOOM CHAT**](#)

WHY BOOK HEIDI?

20+ years experience in leadership, resilience, and wellbeing.
Trusted by 1,000+ professionals and leading organisations.

"The most useful leadership session we've had all year." – Lisa Price, HR Director, Boehringer Ingelheim

"I would highly recommend Heidi for your conference or event. An exceptional talent and highly professional." – Joanna Carruthers General Manager Rydges

"She lifted the whole room." – Jacqueline Brotherton, Transport Women Australia



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[**Watch Showreel**](#)

[**BOOK A CALL**](#)