

MEET HEIDI



The One-Minute Reset: Powerful Transformation in Just 60 Seconds

In a world racing towards burnout, the real power lies in knowing when to pause. Stress is a silent killer, and constant distractions drain your focus and well-being. The One-Minute Reset offers a powerful, actionable solution—transforming your stress into clarity and performance in just 60 seconds.

Mindful in a Distraction Epidemic - The One-Minute Reset

In just 60 seconds, Heidi Horne can take your audience from stressed, scattered, and stuck... to calm, clear, and in control — live, in the room.

“Distraction is a thief. But with just one minute, you can take back what’s yours—your focus, your calm, your life”.

Constant distractions and relentless digital overload are causing skyrocketing stress, burnout, and disengagement. Productivity is dropping, leadership is suffering, and health issues are rising. The cost? A culture of overstimulation that drains performance and well-being, hitting your bottom line hard.

“The real power lies in knowing when to pause”. The One-Minute Reset isn’t just a wellness tool—it’s a strategic business solution. One mindful minute boosts engagement, reduces stress-related absenteeism, and enhances leadership effectiveness. The result? Higher productivity, improved emotional regulation, and a resilient culture that drives sustainable success.

What People Say

"Her personal stories made what she offered so relatable to everyone. I would highly recommend Heidi for your conference or event. An exceptional talent and highly professional. " **Joanna Carruthers**
General Manager Rydges Sydney Airport

"The event was a success because of your generosity and willingness to share your knowledge and learnings. Your presentation was inspiring and I'm sure everyone at the conference took away heaps of helpful tips to take back to their own organisations."

Trusted by CEOs, educators, and conference organisers to reset the energy of the room — and keep it there.

Bianca Almeida Akolade - Learning and Development HUB for Industry Professionals

"Heidi's style is very inclusive"

Lisa Price Head of Human Resources/HR BP HP ANZ Boehringer Ingelheim Pty Ltd

Heidi brings a wealth of knowledge from her decades of experience. She is professional, warm and personable and brings this energy into every session. I would highly recommend Heidi."

Estelle Rose Rehayem, Wellness Advisor, Bupa Wellness

A Unique Perspective

Heidi Horne is a Peak Energy Coach, keynote speaker, and author of MindFlip and the upcoming One-Minute Reset (Wiley, 2025). For over 20 years, she’s worked with leaders, teams, and high-performers to master their energy in real time. Her signature One-Minute Reset method is science-backed, nervous-system-first, and proven to deliver results in 60 seconds or less.

Audience Will

- Experience a live reset that instantly lowers stress and boosts clarity
- Walk away with a science-backed tool they can use anywhere, anytime
- Shift how they think, speak, and lead — in 60 seconds or less

Key Takeaways

- **Reclaim Focus in 60 Seconds:** Learn how a simple one-minute practice can rewire your brain for clarity and resilience.
- **Break the Stress Cycle:** Discover how one mindful minute can reduce cortisol, regulate emotions, and improve performance.
- **Pause to Perform:** Integrate the One-Minute Reset into your daily routine to not just survive, but thrive—improving both well-being and productivity.

HEIDI'S SHOWREEL



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