

HEIDI HORNE

Author of "The One-Minute Reset" (WILEY) | Keynote Speaker
Energy & Stress Strategist
App Founder | Coach



Heidi Horne helps leaders and high performers reset energy, focus, and resilience — in just 60 seconds. Her science-backed One-Minute Reset™ method delivers fast results that last – boosting performance without burnout.

Through her keynotes, workshops, and coaching, Heidi equips teams with practical tools that stick – no fluff, no filler, just results.

SIGNATURE KEYNOTES

✦ **The One-Minute Reset: Mastering Calm & Resilience in a Distracted World**

Practical, science-backed resets to find focus, clarity, and energy in 60 seconds....anytime, anywhere.

✦ **Peak Energy Leadership: Unlocking Sustainable Performance Without Burnout**

Why leaders must master energy – physical, mental, and emotional (not just time) to lead resilient, high-performing teams.

RESET PROGRAMS

One-Minute Reset for Leaders

- Keynotes (60 mins)
- Workshops (90 mins)
- Masterclasses (Half Day – Full Day)
- Reset Offsites and Retreats

WHY BOOK *Heidi?*

- 20+ years experience in leadership, resilience, and wellbeing.
- Finalist – Australian Women Champion Awards (x2)
- Trusted by 1,000+ professionals and leading organisations.
- Leadership retreats, corporate workshops, and a fast-growing app.

"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

LET'S WORK *Together*

Watch
Showreel

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BOOK A CALL

RESET PROGRAMS

FROM KEYNOTES TO LEADERSHIP RETREATS

The Peak Pathway™ 4R Framework

Every team faces energy leaks. The Peak Pathway™ gives leaders tools to: **Reset • Remember • Rewire • Reclaim**

1. **Reset** – stop stress on demand.
2. **Remember** – reconnect with clarity and what matters.
3. **Rewire** – build micro-habits that last.
4. **Reclaim** – perform at your peak with calm, confidence, and energy.



WHY THIS *Matters*

- Stress drains profits. Burnout and disengagement sabotage performance.
- Leaders set the tone. If leadership energy is low, team results follow.
- Micro-resets work fast. Change happens in 60 seconds – no long retreats required.
- One framework, many formats. Peak Pathway™ is simple, repeatable, and sticky.
- Performance follows energy. High-performing teams start with high-performing people.

RESULTS THEY WILL SEE:

- On-demand resets they'll actually use (in 60 seconds).
- Daily micro-habits for clarity, focus, and resilience.
- A shared language (4R Framework) for leading under pressure.
- Immediate wins and a plan they can implement tomorrow.

HOW THIS WORKS:

- **Start Simple — The One-Minute Reset**
 - Lunch & Learn (30–45 mins): Fast, high-energy session with instant reset tools.
 - Keynote (60 mins): Conference-style talk blending science + stories of the Reset Method
 - Workshop (90 mins): Interactive deep dive with guided resets — ideal for leaders + teams
- **Go Deeper — Peak Pathway Masterclass**
 - Half Day or Full Day (can also be 4 x 90 min sessions)
 - Immersive training using the 4R Framework to build lasting resilience + performance.
- **Transform — Custom Leadership Retreats / Offsites**
 - A tailored Reset Experience designed to create lasting culture change.

EASY NEXT *Steps*

Choose your Reset. Pick the format that fits: keynote, workshop, or retreat. (Not sure? Ask for the one-pager overview.)

Book a quick call. We'll confirm the fit, lock your date, and send the full kit.

No decision fatigue. One menu. One framework. One reset.

BOOK A CALL