



As an experienced speaker, **Dr. Heidi Hanna** has been featured at many national and global conferences, including the *Fortune Magazine* Most Powerful Women in Business Summit, ESPN Women's Leadership Summit, and the Million Dollar Round Table. She is the founder and Chief Energy Officer of Synergy, a consulting company providing brain-based health and performance programs for organizations, and the Executive Director of the American Institute of Stress. Dr. Hanna is a National Board Member for the Association for Applied and Therapeutic Humor, a Fellow with the American Institute of Stress, and she currently serves as editor of their quarterly publication, *Contentment*. Recently, Dr. Hanna created The Beyond Funny Project, a non-profit dedicated to providing resources and education related to the benefits of healthy humor. Dr. Hanna holds a bachelor's degree in communications from Penn State University, where she competed on the Big 10 softball team and received academic All-American honors. She holds a master's degree in mental health counseling and a Ph.D. degree in holistic nutrition.

Heidi Hanna

Speech Topics

- ☐ Sales
- ☐ Personal Growth
- ☐ Peak Performance
- ☐ Motivation
- ☐ Leadership



Testimonials

"I am sitting here with a good feeling, grateful that my employer, DTE, valued me as a person enough to provide me with this opportunity to improve my life. You have a way of breaking things down into bite-sized pieces that we are able to absorb without feeling overwhelmed. I am looking forward to seeing you again next month. Thanks so much!" Nancy Kosch Assistant to the Chairman & Sr. VP-Customer Service, DTE Energy "General consensus around our Senior Finance team is YOU ROCK! Thank you so much for your time." Carmen Rene Finance, LifeTechnologies "Thank you so much for your generous contribution of time and expertise last night. As each guest left, not one walked away without complimenting your speech specifically. Not only did the subject matter resonate with our clients, but also the practicality of your approaches to wellness and energy management left them feeling empowered to actually do something about areas in their personal and professional lives that could use some revamping! It was so pleased to see the majority of the room writing down their "aha" moments and actively engaging throughout." MaryAnn McIntyre Marketing Coordinator, California Republic Bank "I've had the good fortune of watching Heidi speak to our advisors on several occasions and observed not only her performance, but also the attendees' reactions. In a word she's captivating. Whereas the message is important, her delivery style elevates the subject from important to critical. And, post-speech, she is usually surrounded by attendees who want more. You can't miss with Heidi." Craig Brimhall VP of Wealth Strategies, Ameriprise Financial "I am sitting here with a good feeling, grateful that my employer, DTE, valued me as a person enough to provide me with this opportunity to improve my life. You have a way of breaking things down into bite-sized pieces that we are able to absorb without feeling overwhelmed. I am looking forward to seeing you again next month. Thanks so much!" Nancy Kosch Assistant to the Chairman & Sr. VP-Customer Service, DTE Energy "General consensus around our Senior Finance team is YOU ROCK! Thank you so much for your time." Carmen Rene Finance, LifeTechnologies "Thank you so much for your generous contribution of time and expertise last night. As each guest left, not

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