

Heidi Denning Bio

Short Bio:

Heidi Denning is an international keynote speaker, author, educator, and one of the Asia Pacific region's most recognised voices on **professional resilience**. She empowers leaders and teams to perform under pressure, adapt to business challenges, and make better decisions when it matters most.

Drawing on a rare combination of extraordinary lived experience and extensive business and leadership expertise, Heidi transforms high-stakes adversity into practical frameworks that strengthen performance and human capability.

From executive leadership teams of 20 to international conferences of 6,500 delegates, Heidi has inspired audiences across 21 industries. She was named **Best International Keynote Speaker – Asia Pacific** and, in 2026, was recognised in the **50 Best Keynote Speakers on Rejecting Hustle Culture** in the **Global and Cross-Cultural Voices** category.

Full Bio:

Heidi Denning is an international keynote speaker, author, educator, and a leading voice on **professional resilience**. She empowers leaders and teams to perform under pressure, adapt to business challenges, and make better decisions when it matters most through practical, memorable frameworks that create lasting behavioural change.

Drawing on an extraordinary combination of lived experience and business expertise, Heidi transforms lessons from surviving a paralysing illness, a gunpoint kidnapping, a life-threatening tsunami, a devastating earthquake, and petrol bombs into practical leadership insights that resonate long after the event has finished.

Over the past two decades, Heidi has delivered keynote presentations and leadership programs across **21 industries**, speaking to audiences ranging from executive leadership teams of 20 through to international conferences of **6,500 delegates**. Her clients include **Coca-Cola, Louis Vuitton Moët Hennessy (LVMH), Million Dollar Round Table (MDRT), Westpac, Metcash, Insurance Council of Australia, Mortgage Choice, Financial Planning Association, Raine & Horne**, and many other leading organisations across Australia, Asia, the USA, the Middle East, and the Pacific.

She was named **Best International Keynote Speaker – Asia Pacific** and, in 2026, was recognised in the **50 Best Keynote Speakers on Rejecting Hustle Culture** in the **Global and Cross-Cultural Voices** category.

Heidi is the author of the Amazon best-selling book **Her Middle Name is Courage** and is regularly sought by television, radio, podcasts, and print media for her expertise in professional resilience, leadership, and navigating adversity.

At the heart of Heidi's work is one enduring belief: **education changes lives**. When people are equipped with practical tools to strengthen their professional resilience, they create better futures for themselves, their teams, their organisations, and their communities.

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Online Professional Resilience Quiz:

<https://heididenning.com/the-professional-resilience-quiz/>

Online Team Resilience Quiz

<https://heididenning.com/team-resilience-quiz/>

Professional Reset Masterclass

<https://heididenning.com/professional-reset-masterclass-for-teams/>

Book Link:

<https://heididenning.com/product/her-middle-name-is-courage/>