



## SPEAKER PACKET

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"IF YOU WANT TO  
DEVELOP YOUR  
PRACTICES, YOU HAVE  
TO DEVELOP THE  
PROFESSIONALS  
LEADING THEM."

# CHELSEA MYERS



Founder



# HEALTHY HAPPY SUCCESSFUL

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*Helping dentists create the life  
they truly desire*

## PRESENTATIONS

### **DAILY MENTAL HYGIENE TO IMPROVE YOUR EQ**

Learn daily action items to optimize your emotional life. This proven methodology prepares doctors to create an action plan, self-assess, and reach their highest potential through maximized emotional control.

### **HOW TO PROCESS STRESSFUL SITUATIONS**

Learn how to effectively process stressful situations to reduce the risk of overwhelm and burnout. Practical strategies to use "in the moment."

### **OPTIMIZED EMOTIONAL LIFE AT WORK**

Foundational landscaping for a more emotionally balanced life in dentistry. A combination experience rich with strategies and tools to grow, self-coach, and discover what's really blocking the path.





# DAILY MENTAL HYGIENE TO IMPROVE YOUR EQ

## EMPOWERMENT THROUGH EMOTIONAL INTELLIGENCE

Through consistent, daily habits doctors can improve their everyday experiences by learning to better direct and control their emotional life. Now, more than ever, resilience to life's ups and downs is incredibly valuable.

## BENEFITS TO DENTISTS

Whether your concerns involve growing your practice, retaining your team, financial independence, or personal goal achievement an increased EQ will be key to your success!

## OPTIMAL FORMATS

Partial-Day Workshop  
Keynote  
Virtual Presentation





# HOW TO PROCESS STRESSFUL SITUATIONS

## **PROCESSING RATHER THAN "WHITE KNUCKLING"**

There's a distinctly different energy involved in truly processing emotions which leads to long-term solutions and permanent changes. Muscling through hard things, on the other hand, often results in emotional drain and frustration. Learn how to process any emotion to immediately elevate your dental life.

## **BENEFITS TO DENTISTS**

Regain energy that is currently allocated toward your stressors by learning new techniques to identify, solve for, and execute changes where you want them most.

## **OPTIMAL FORMATS**

Partial-Day Workshop  
Keynote  
Virtual Presentation







# OPTIMIZED EMOTIONAL LIFE AT WORK

## OPTIMAL FORMATS

Full-Day Workshop  
Keynote  
Virtual Presentation

## OBTAIN EMOTIONAL OPTIMIZATION THROUGH UNDERSTANDING

An optimized emotional life requires an in-depth understanding of your current situation: the good and the bad. From there you can thoughtfully decide on your desired areas of growth which will lead to desired emotional balance. Emotions, opinions, problems, and approaches are all components of our life experiences. Intentional focus and efficient decision making lead to optimal results in business and in life.

## BENEFITS TO DENTISTS

With a combination of growth opportunities dentists are set up to succeed with strategies and tools to apply to both their personal and professional lives.

