

Resilience Rx: Healing Burnout in the Dental Practice

Have you ever reached a breaking point in your dental career and thought, 'That's it, I'm done'? Join us in exploring the hidden signs of burnout and discover strategies to revitalize your professional journey.



In an industry where stress can cloud our passion for dentistry, it's vital to distinguish between stress and burnout. This course isn't just about identifying burnout; it's about empowering yourself and your team to prevent its debilitating effects.

Embark on a transformative journey to understand the stages of burnout, learn to recognize its early warning signs in yourself and others, and craft personalized strategies to combat its impact. Together, let's create a resilient practice environment where everyone thrives.

Reclaiming Your Enthusiasm:

- Understand the stages of burnout to preempt its onset
- Delve into the nuanced differences between stress and burnout
- Recognize and address warning signs signaling burnout's encroachment
- Foster a culture of support and resilience within your team
- Design a proactive plan to mitigate burnout's pervasive influence

Join us as we navigate the emotional rollercoaster of burnout, ensuring that your journey in dentistry is one filled with smiles and well-being.

This program is for the entire dental team and is available in a one- or two-hour format.

Lynne Leggett, Speaker, Author, and CEO of Victory Dental Management, has diverse experience that enables her to have a unique perspective on dentistry and all of its varied components. Lynne has over 25 years of business experience in several industries, including: dentistry, medical, pharmacy, sales, transportation, logistics, and project management.

Lynne received her BS in Business Administration from Mary Washington College with a concentration in Management, Marketing, and Pre-Law. She is a Fellow with AADOM and a member of ADMC, DEW, NSA, SCN, and WINDSO.