

# Shift Into High Gear: Cultivating the Life and Career of Your Dreams

**You've paid for a quality education and put in the work to build a successful practice and career. But, will it all come crashing down due to physical disability or personal challenges that cut your career short?**

A career in dentistry offers many benefits for the dental professional. It also offers unique physical, mental and emotional challenges. Are you prepared to withstand the inevitable challenges that will arise?

You don't have to quit the job in order to experience the career and life of your dreams! In this fast moving, hard-hitting course, Dr. Ankur Gupta shines a light on the pillars of a healthy work and home lifestyle. Learn the one thing you're doing now (or not doing) that can have the single biggest impact on your overall health. Recognize the steps to financial freedom and what that means to your confidence in recommending patient treatment. Understand how mindfulness, sleep, technology and dietary choices affect our day-to-day habits and experiences. Learn what you need to know to improve your energy, your outlook and your life.



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## LEARNING OBJECTIVES:

- Discover the #1 happiness and relationship killer that also affects your ability to perform more comprehensive dentistry
- Illuminate the long-term impact of poor posture and a sedentary lifestyle to the dental team
- Gain a daily core strength routine that can affect your overall quality of life
- Examine the culture, habits and health of those living in a Blue Zone and learn why they live disproportionately longer lives
- Recognize the barriers, benefits and steps for integrating a mindful approach everyday
- Explore the long term physical/psychological implications of a "constantly plugged in" life
- Discover a no-pills approach to insomnia and recognize the unexpected benefits of sleeping for the ideal length of time
- Understand the benefits of an ideal balance of micro-biota and steps to optimize one's microbiome
- Compare current fad diets with scientific nutritional guidelines and set realistic expectations
- Identify steps to prevent and treat burnout
- Pinpoint how healthy (and not-so healthy) habits are created and maintained Gain a well-synchronized action plan to implement for long-term improvement

## SUGGESTED FORMAT:

Full or Partial Day; Lecture, Workshop, Keynote

## SUGGESTED AUDIENCE:

All Dental Professionals