

SIMPLE STEPS TO A HAPPIER LIFE...

Want to start your day knowing it's going to be a **winner**?

Are you aware of ways to live a happier life?

Wish to *minimize stress* in your practice and discover ways to **bring joy to every day**?



A little stress can be a good thing, as we face and resolve life's challenges. Unchecked stress, however, is destructive and can lead to anger, anxiety, depression, and lowered self-esteem. This program presents proven techniques to reduce the level of stress in your practice, offers effective tips to manage personal stress, and suggests eighteen ways to love life more!

COURSE OBJECTIVES:

- Learn key concepts to enable your practice to always run on time
- Recognize that a practice can't be "all things to all people"
- Review specific ways to minimize personal stress
- Identify eighteen ways to love life more!



WAYNE KERR, DDS
SPEAKER | AUTHOR | CLINICIAN

KerrSpeak

RECOMMENDED AUDIENCE:
RECOMMENDED FORMAT:

Dentist and the entire team
Half-day or 90 minute