

LEADERSHIP ESSENTIALS

for Dental Professionals

Finding You: You Are What You Think

Megan Reutter ,DHSc, RDH

Course Description

Leadership development is synonymous with personal development. Our journeys through change or a new experience, whether in our personal or professional life, start with how we talk to ourselves and our intrapersonal relationships. Do you give yourself grace, or are your thoughts filled with criticism and negative self-talk? Your thoughts dictate your emotions and how you choose to show up every day. Upon completing this course, students will learn how to master the art of thought interruption, take ownership of your thoughts to improve their relationship with themselves and others and get in the right mindset through an Open Heart Activation for self-reflection and leadership development.

Course Objectives

1. Recognize how our emotions directly influence the way we think.
2. Discuss how to interrupt a negative thought pattern to shift your mindset.
3. Participate in an Open Heart Activation exercise and discover how this daily practice can improve your relationship with yourself and others around you.

Finding Your Magnetic North

Kelly Tanner, Ph.D., RDH

You must consider more than your passions and efforts to reach high performance. Why are some people miserable and others happy during their journey? High-performance teams begin with everyone understanding their internal standards such as their identity, beliefs, values, and expectations for excellence and becoming crystal clear on what that means individually and how that shows up in your daily excellence. This course introduces concepts of gaining personal clarity and aligning your internal standards to how you show up daily in your team.

Course Objectives:

1. Set clear intentions for who you want to be each day and how you want to interact with others.

2. Discover the skills that sustain your impact to make a difference and serve with excellence.
3. Define what is meaningful to you by aligning your purpose with your efforts

Finding Your Leadership Style

Megan Reutter, DHSc, RDH

Course Description

Dentistry and healthcare are seeing a massive shift. With changing patient needs and increasing demands on all healthcare providers, it is critical to understand your role in the bigger picture. This course ties in leadership theories and breaks them down into skills you can apply in your personal or professional life. Upon completing this course, students will identify and evaluate their leadership style through the leadership models discussed and complete a personal SWOT analysis to help you evaluate your values and professional growth at every career level.

Course Objectives

1. Identify leadership theories and how these are applied in healthcare.
2. Compare/contrast differences between managing, leading, and following.
3. Create your own SWOT Analysis and identify your leadership style.

The Art of Emotional Intelligence

Kelly Tanner, Ph.D., RDH

In an environment where COVID and many social factors affect our lives, we may be conflicted about what we believe and feel and be unable to find our ground inside and outside the workplace. As healthcare providers, all aspects of social and emotional awareness are integral to our ability to connect for career and self-fulfillment. This course will help you understand the importance of emotional intelligence as a dental professional, identify blind spots, and help understand how to rewrite feelings and reverse triggers, which will increase your impact personally and professionally.

Course Objectives:

1. Understand the importance of emotional intelligence in dental teams.
2. Recognize triggers, reactions, and emotions, and trace them to their source.
3. Utilize emotional intelligence to redefine goals and create career fulfillment.

Overcoming Cognitive Biases and Navigating Conflicts

Megan Reutter, DHSc, RDH

Course Description

As healthcare providers, we constantly communicate with a patient or co-worker. Workplace environments are consistently linked to enhanced patient outcomes, productive workforces, and safe cultures to support care delivery. Communication is the underlying driving force to ensure conflicts are recognized early and managed appropriately to promote a cohesive and collaborative work environment. How well do you get your message across? This course will help you realize personal biases that come into play during our day-to-day interactions, identify methods to improve communication within a team, and how to navigate conflict effectively to improve organizational culture.

Course Objectives:

1. Discuss significant sources of conflict in healthcare.
2. Identify tactics to remain objective and encourage healthy debate within a team.
3. Examine the role of perceptions in conflict.
4. Evaluate conflict management styles and tactics to move disagreeing parties towards resolution.