

# Mastering Emotional Leadership (EL)

Stressed. Overwhelmed. Isolated.

Dentistry has one of the highest professional burnout rates, but why?



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Dental professionals are faced with a myriad of daily pressures including management of team, patients, financial obligations and challenging business decisions. With all of these responsibilities, the practitioner's daily reality is often filled with anxiety and exhaustion.

As a dentist herself, Dr. Shakila Angadi understands the pressure and isolation dental professionals face and that these emotions can lead to chronic personal and professional dissatisfaction. As founder of *The Inspired Dentist*, Shakila helps dental professionals overcome these challenges through enhanced emotional intelligence (EQ) and self-awareness as well as mastering the skill of altering habits.

During this highly interactive workshop, receive the tools and techniques for developing a healthy mindset. Gain an understanding of how to map your lifestyle to effectively handle day to day pressures. Eliminate the barriers, increase work/life balance and find greater professional satisfaction.

## The ability to understand

and manage one's own emotions, and to recognize and influence others' emotions, is a critical leadership skill.

## MASTERING EMOTIONAL

### LEADERSHIP (EL) continued



## Learning Objectives:

- Understand the real reason why you may feel dissatisfied in your life/practice
- Recognize how unrealistic expectations, fear of failure, and putting yourself last undermines personal and professional success
- Develop the skills to change unhealthy habits through personal reflection
- Identify the consequences of poor communication
- Develop tools to engage in empathetic communication with your team and patients
- Comprehend the role emotional intelligence plays in daily interactions
- Discover how to respond more effectively to an emotional reaction
- Explore the mindset and communication skills necessary to connect and evolve as an inspired leader

#### **Suggested Formats:**

Full or Partial Day; Lecture, Workshop, Keynote

#### **Suggested Audience:**

Dentist and Team







Do endless practice responsibilities and pressures make you want to hide?

When stress, anxiety, and dissatisfaction have become part of one's daily routine, it's time to evaluate MINDSET health.

As a practicing dentist, Dr. Shakila Angadi found emotional intelligence to be the missing link in being a successfully happy healthcare practitioner. She now coaches healthcare professionals in breaking through their individual fears and expectations and grow their emotional resilience.

As a speaker, Shakila leverages her professional background to empathize and understand pressures and stresses within the profession. She shares her message across the nation, influencing the landscape of healthcare through emotional intelligence and leadership strategies.

Whether coaching, speaking, writing, podcasting or through social media engagement, Shakila inspires professionals to grow their emotional agility and lead with purpose.



# What's being said

### about Shakila's presentations

"One the biggest decisions a meeting organizer has to make is who the speakers will be. Many speakers are interesting. Others are entertaining. Some are thought provoking. Dr. Shakila Angadi will move and inspire you. In a world of recycled content, Dr. Angadi's message is fresh and revolutionary. Emotional Intelligence is not just an idea. It is a shift in mindset that transcends all people and industries. Dr. Angadi's message is powerful. But as a meeting planner, working with her has been a joy. I would highly recommend booking her for your meeting."

-Glenn Vo, DDS; Nifty Thrifty Dentists

"It was an absolute pleasure collaborating with Shakila in preparation for our meeting. Her enthusiasm around sharing her message shines through in any setting. We were very impressed with how she customized her presentations to address the unique needs of our support staff as compared to other practitioners."

-Danielle Funny, DDS; Old North State Dental Society





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