

Mastering Emotional Leadership (EL)

Stressed. Overwhelmed. Isolated.

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



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.

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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

THE
Inspired
DENTIST