



Surviving and Thriving in Your Profession

**Saturday, 6/26/2010
2:30pm-5:00pm**

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The Trident logo features the word "Trident" in a bold, black, sans-serif font, slanted slightly to the right. Above the letter "i" is a red, curved graphic element that resembles a stylized arch or a part of a trident.

"Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what? Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful." Mark Victor Hansen



Surviving and THRIVING in Your Profession

Presented by: Linda Meeuwenberg, R.D.H., M.A., M.A., F.A.D.I.A

2009 ADHA Hygiene Hero Recipient

And

Edie Shuman Gibson, R.D.H., B.S.D.H. (c) F.A.D.I.A.

"It doesn't matter what cards you were dealt, it is how you play your hand". (Randy Pausch – The Last Lecture)

- In a survey of hygienists by ADHA, having **adequate time** for *high quality* and complete patient treatment was ranked as the *most highly valued* component of practice **influencing long-term** retention of the hygienist. (ADHA Survey)
- Employment of dental hygienists is expected to grow 30 percent through 2016, **much faster than the average** for all occupations. (US Dept of Labor Occupational - Outlook Handbook 2008-2009)

The Right Seat On the Right The Bus..... From Good To Great, Jim Collins

"If we get the right people on the bus, the right people in the right seats, and the wrong people off the bus, then we'll figure out how to take it someplace great."

IS YOUR PERSONALITY OR BEHAVIORAL STYLE COMPATIBLE WITH YOUR CAREER CHOICE?

- D.i.S.C. – Behavioral Profile distributed by independent consultants or from Inscape Publishing Co. <http://www.inscapepublishing.com/>
Identifies FOUR behavioral styles: Dominant, Interactive, Steadiness, Conscientious
- Myers-Briggs Personality Assessment - <http://www.myersbriggs.org>
- Strengths Finder 2.0 www.strenthsexplorer.com

Understanding behavioral styles:

"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others". Tony Robbins

DiSC® Behavioral Model (registered trademark – Inscape Publishing)

D – Directive: Driving personality that wants results and control (competitive)
Task Oriented

i – Enthusiastic and wants attention and positive strokes (expressive)
People Oriented

S – Congenial personality that wants structure and organization (easy going)
People Oriented

C – Quality driven and wants perfection. (detail and facts)
Task Oriented

PROBLEM SOLVING Skills – Edie's Story

From Michigan to New York to Colorado

Motivation to move into different directions
Dealing with Change
Finding Opportunities

NETWORKING & PROFESSIONAL ASSOCIATIONS

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead

- ADHA/FDHA/local Components
- International Federation of Dental Hygienists
- Association of Dental Implant Auxiliaries
- International Rotary, Chamber of Commerce, Downtown Business Associations

Volunteer

- Local
- National
- International

7 Habits of Highly Effective People – Stephen Covey

1. Be proactive – Make things happen!
2. Begin with the end in mind – have a clear goal and destination.
3. Put FIRST things FIRST – Manage yourself....organize and execute around priorities.
4. Think Win-Win – Seek mutual benefit
5. Seek First to Understand, then to be understood.
6. Synergize – Value differences on your team – mutual respect.
7. Sharpen the Saw – Self Renewal.

CONCLUSION:

"Opportunities for dental hygienists are expected to grow through 2012 with increased emphasis on disease prevention." Access May-June 2009 **2**

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WORKSHEET #1

1. I have taken a CE course in the last one year. YES NO
2. I use automated devices for scaling (ultrasonics) on MOST patients. YES NO
3. I have incorporated NEW instruments into my regimen in last 5 yrs. YES NO
4. I enjoy dental hygiene as much today as I did when I graduated. YES NO
5. I rarely feel tired at work. YES NO
6. I get more than 6 hours of sleep per night. YES NO
7. I have NO aches or pains from practicing dental hygiene. YES NO
8. I have embraced new technologies in my practice. YES NO
9. I enjoy the people I work with in the office. YES NO
10. I enjoy a good relationship with my employer. YES NO
11. I feel appreciated by my team and employer. YES NO
12. My patients give me pleasure and compliment my work often. YES NO
13. I have adequate time for treating patients. YES NO
14. My record keeping skills are detailed and would hold up in court. YES NO
15. I understand and apply the Dental Hygiene Process of Care. (ADPIE) YES NO

TOTAL YES _____

TOTAL NO _____

SCORING: 13-15 YES Congrats! You are a STAR! You love your profession.
10-12 YES You are feeling some distress and are looking for direction.
7-9 YES You are in trouble! Time to re-assess and plan new direction.
BELOW 7 YES HELP.....Someone give me a lifesaver!

WORKSHEET #2 Skills Assessment:

Identify a minimum of FIVE skill sets that you have from dental hygiene and other roles in your personal life. i.e. Organizational, Interpersonal Communication, Detailed oriented

- 1.
- 2.
- 3.
- 4.
- 5.

NOW DREAM.....If you could do ANYTHING you wanted what would it be? What would your ideal "practice" situation look like. Be specific.

How can the above skills move you into your dream? Be specific.

GOALS: Three goals you can achieve in the next 30 days to move you to your dream.

- 1.
- 2.
- 3.

REFERENCES AND READING SUGGESTIONS:

- Project Management that Works, Rick A Morris and Brette McWhorter Sember, AMACON 2008
- How Full Is Your Bucket? Positive Strategies for Work and Life" Tom Rath
- Fired Up or Burned Out: How to Reignite Your Team's Passion, Creativity, and Productivity Michael L. Stallard
- Strengths Finder 2.0, Tom Rath, Gallup Press, First Printing 2007
- Seuss-isms – Wise & Witty Prescriptions for Living from the Good Doctor Theodor Seuss Geisel (1997) Random House
- Work Happy – Live Healthy - New Solution for Career Satisfaction, Tom Welsh (1997) Rhodes & Easton
- Don't Sweat the Small Stuff...and it's all Small Stuff, Richard Carlson (1997) Hyperion
- What Happy People Know, Dr. Dan Baker & Cameron Stauth (2003) Rodale Press
- Dare To Change Your Job and your Life, (2000) Carole Kancher
- How to Keep Your Job in A Tough Competitive Market (2009) Michael Kitson, Bob Calandra
- The Indispensable Employee (2009) Eric Weber (revised paperback)
- 50 Best Jobs for Your Personality (2009) (2nd Edition), Michael Farr, Laurence Shatkin
- Stepping Stones to Success, (2009) Linda Meeuwenberg, Deepak Chopra, Jack Canfield, & Dennis Waitley **(AVAILABLE FOR PURCHASE FROM LINDA MEEUWENBERG TODAY! or contact at linda@lindapda.com or 231.598.1749)**

Stepping Stones to Success – Book with chapter by Linda Meeuwenberg – co-authored with Dr. Deepak Chopra and Jack Canfield of Chicken Soup series. (Retail \$19.95) Seminar Special – Receive autographed copy by mail with no shipping charges and we pay sales tax! Purchase today for \$15.00

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