

3 CEU's

**Sunday, February 6, 2022**

## **Reducing Burnout through Living Authentically**

**Course Description:** Life is difficult to navigate among the distractions of materialism and self-comparison with those around us. This course will create a preliminary understanding of how perfectionism and comparison are both a strength and can lead to self-sabotage. Exercises leading towards self-discovery and self-actualization are implemented in teaching about carving out/stepping onto a journey with a lighter step in life, greater gratitude, and self-satisfaction. Information on how living authentically reduces burn out and creates a happier life is given out. Discussion about passion, perception, and mindset will be front and center. The bottom line here is that a commitment to leading a life as who we are, at the core, is a life worth living out.

**Course Objectives:**

1. To discuss burnout as it relates to dentistry, and especially hygienists.
2. To understand and to self-identify possible causes of burn out, within your own career path.
3. To use self-actualization as a leverage towards living a life worth having.
4. To understand how passion, perception and mindset are of utmost importance in authenticity.
5. To be encouraged and feel brave to begin a journey of living passionately and unapologetically.
6. Discuss the reasons for hygienist leaving the field of dentistry.



**About Our Speaker:**

**Maggie W. Augustyn, D.D.S.**

Dr. Maggie W. Augustyn is a practicing general dentist and an author. She completed her formal dental education earning a Doctor of Dental Surgery from the University of Illinois at Chicago (UIC). Prior to that, she was awarded two bachelor's degrees (UIC and Benedictine University). She is also an alumna of Dawson Academy. Augustyn's published over 40 articles in the last 2 years. In 2020, three of her blogs made it to top 10 in Dentistry Today. She has also written in Dental Economics and is a frequent contributor for Dental Entrepreneur Woman. Dr. Augustyn has a strong social media presence and has been a guest on multiple podcasts.

## SNJDHA is Looking for Volunteers



Consider volunteering your time to assist **SNJDHA Executives Board Members** and learn what they do in their specific roles. This is a great way to assess if you might want to serve on the board in the future, contribute to oral health advocacy, be a change agent, work in administration or maybe public health. There are a variety of employment areas to branch out in as a dental hygienist. Volunteering with SNJDHA is an opportunity to explore.

Interested contact: Kimberly Meehan [kimberlymeehan19@gmail.com](mailto:kimberlymeehan19@gmail.com)

**SNJDHA Executive Board Members:** Merridith Vanhoorn, President; Lea D'Angelo, Past President; Kimberly Meehan, Vice President; Megan Primavera, Treasurer; Juliet Lewis, Secretary; Mary Buttery, Trustee

## CE Course Registration Information

### Online / Virtual

*Learn from the comfort of your home*

**DEADLINE to register 1-30-2022**

SNJDHA event contact is

**Megan Primavera, RDH**

**Questions? Contact Megan @**

[meganprimavera@comcast.net](mailto:meganprimavera@comcast.net)

You may REGISTER ONLINE by clicking the link

Or cut and paste in search bar:

<https://square.link/u/C04lqUIZ>

**Policy: 48-hour notice must be given to cancel reservations.**

### Meeting Fees

Members: \$30.00

Non-Members: \$60.00

### Timetable for Evening

Membership Meeting: 8:30 a.m.

Course: 9:00 a.m. -12:00 p.m.

**\*Proof of ADHA membership must be provided at the time of registration.**

**\*Dentist and Assistants are welcomed to attend at member fees (\$30) but must verify membership in their respective associations (ADA, ADAA).**

**SNJDHA Meeting Policies:** State regulations require attendance for the entire course in order to receive credit. CEU forms will be provided at the completion of the course.



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**SNJDHA Facebook** page is your connection to local networking, info, questions, discussions, and employment opportunities...

\* If there is a topic, event, information, or recognition you would like considered for inclusion in a future SNJDHA newsletter, please contact the editor at [jjrath1@netzero.net](mailto:jjrath1@netzero.net)