

FORT DODGE
DISTRICT
DENTAL SOCIETY

**Spring
MEETING**

Starlite Village
1518 3rd Ave. NW
Fort Dodge, IA 50501
515-573-7177

Monday,
March 17, 2025

SPEAKERS:

Eric Recker, DDS, MAGD

***How to unleash the
energy inside us
to transform from
burnout to thriving***

Lisa Swett, MS, BS, RDH
Brandon Swett, EFDA, QDA,
AHA CPR Instructor

***Impact Dental
Training, LLC***

Dr. Jim Knight
1800 Floral Ave.
Fort Dodge, IA 50501

FORT DODGE DISTRICT DENTAL SOCIETY

OFFICERS:

Tyler Wallingford, President Fort Dodge
 Jay Tigges, President Elect Carroll
 Jim Knight, Trustee Fort Dodge

HOW TO UNLEASH THE ENERGY INSIDE US TO TRANSFORM FROM BURNOUT TO THRIVING

As humans, we are constantly being drained. And as dental professionals, it gets amplified. It's all fun and games until we add other humans! We are so busy. We are overwhelmed. We are maybe even maxed out. The reality is that our bodies are like a dam. Understanding this concept and how we can harness the flow of energy in our lives can become a superpower. Once we identify the leaks in our dam and discover the power of living in the present moment, we will be empowered to show up, level-up, and thrive. We will become our best versions for our families, our teams, our patients, and ourselves.

LEARNING OBJECTIVES

- Be able to know and communicate where you are physically and mentally in real time.
- Learn a decision making paradigm that can reduce worry and stress
- Be able to identify the things that drain us and those that fill us back up.
- Learn a proven approach to bring us back to the present moment- the place where the action happens.
- Learn the #WINtheNOW concept and how to apply it to our families, teams, patients, and ourselves
- Become equipped to take steps to push back burnout and create hope
- Understand a paradigm for choosing which commitments are best for our energy and our limited time.

About the Speaker:

Eric Recker, DDS, MAGD, is a husband, father, dentist, Elite Success Coach, Speaker, Author, pilot, mountain climber, and recovering triathlete. After nearly selling his dental practice and leaving the profession in 2021, he has dedicated the second half of his life to helping people shorten the distance to becoming their best version and learning to #WINtheNOW.

Eric continues to see patients in his practice in Pella, Iowa, coaches dental and other healthcare professionals on burnout, life design, and reaching their potential, leads keynotes and workshops, and has authored two books on living present and self care

Speakers:

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Radiology & Infection Control 9:00-11:00am

Jurisprudence 11:00-11:30am

Lunch 11:30-12:30

Jurisprudence 12-30-1:00

Infection Control 1:00-2:00

CREDIT HOURS: 6

SCHEDULE:

8:00-8:30 a.m. Registration
 8:30-11:30 a.m.Lecture
 11:30-12:30 p.m.... Business Meeting/Lunch
 12:30-3:30 p.m.....Lecture

REGISTRATION FORM

Name _____
 Address _____
 City _____ State _____ Zip _____
 STAFF MEMBER NAME(S) _____

Please fill out for our records:

_____ # of Dentists attending
 _____ # of Hygienists attending
 _____ # of Assistants attending
 _____ # Total staying for lunch

Checks made out to FD District Dental Society
 Return to: Dr. Jim Knight • 573-8251
 1800 Floral Ave., Fort Dodge, IA 50501

	Before 3/13/2025	After 3/13/2025
Dentist	\$85.00	\$95.00
Hygienist	\$46.00	\$56.00
Assistants	\$41.00	\$51.00

CLIP AND RETURN