

# Speaker Packet

*Dr Maggie  
Augustyn*

FAAIP FICOI

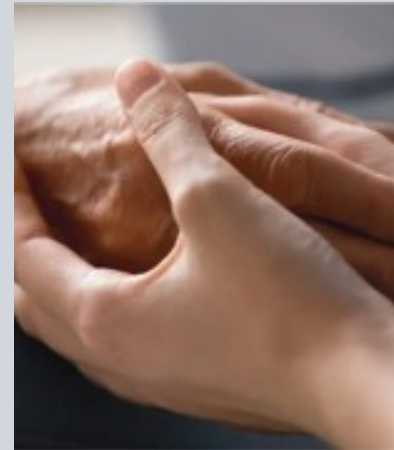


# PRESENTATIONS



## **Lie to Me: The Destructive Nature of Self Comparison**

Join us on a transformative journey to discover the power of self-actualization. We've spent our lives uplifting others, nurturing our patients, teammates, and families, but when it comes to ourselves, we tend to self-destruct with negative self-talk.



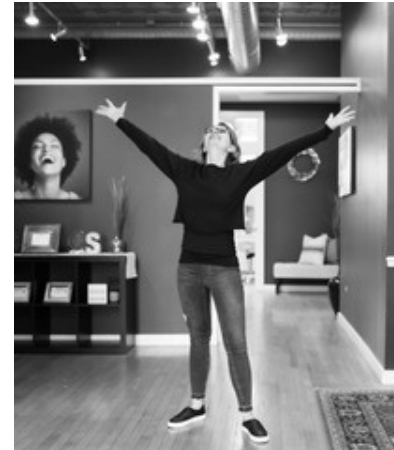
## **Finding Healing and Resilience in the Face of Emotional Exhaustion**

Exhaustion and compassion fatigue are increasingly common among healthcare providers, including dental professionals. Building resilience against these challenges is crucial for personal healing and as well as our ability to grow a thriving practice. This course explores the role of building resilience with the practice of compassion in enhancing both professional well-being and patient retention.



## **Enough with The Humble: Embrace Your Worth And Radiate Confidence**

It's time to rewrite the narrative of our lives and embrace a new perspective. Join our lecture where we bid farewell to excessive humility and instead, etch our successes in stone and our challenges in sand. Dr Augustyn explores the concept of humility and unveils the science behind the power of change through our thoughts.



## **From \$100 in the Bank to Generational Wealth**

Join Dr. Maggie Augustyn as she shares the captivating story of Happy Tooth, a failing general practice of 13 years. As the practice owner, she defied the odds and achieved extraordinary financial growth. Driven by determination, resilience, and innovative thinking, Dr. Augustyn reveals the key concepts, strategies, and tools that led to this monumental success.

**Dr. Maggie Augustyn, FAAIP, FICOI**

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[drmaggie@myhappytooth.com](mailto:drmaggie@myhappytooth.com) • (630) 361-4178

# Lie to Me: The Destructive Nature of Self Comparison

**Suggested Format: Full or Partial-Day; Lecture; Keynote**

Life is a complex journey filled with ups and downs, triumphs and challenges. **Amidst the distractions of materialism and the constant comparison to others, we often find ourselves tearing apart our own self-worth.** In this course, we will delve into the destructive nature of self-comparison and explore the impact it has on our well-being. We will challenge the lies we tell ourselves, such as feeling inferior, weak, inadequate or **feeling like an impostor.** Together, we will embark on a journey towards a healthier self-actualization, using scientific studies and real-world experiences to guide us. The course will cover various essential topics, including **understanding self-deception and identifying its possible causes, the negative impact of comparison and storytelling on self-image, and the importance of passion, perception, and mindset in fostering authenticity.** By the end of the course, the audience leaves encouraged and empowered to live passionately and unapologetically, embracing their true selves.



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## Learning Outcomes

- Understand and identify possible causes of self-deception
- Recognize the negative impact of comparison and storytelling on self-image
- Appreciate the significance of passion, perception, and mindset in cultivating authenticity
- Feel encouraged and empowered to embark on a journey of living passionately and unapologetically
- Disassemble the lies we tell ourselves and choose truth
- Embrace a lighter and more joyful life by choosing what to believe

### **Course Format:**

This course is offered in-person and can be modified for a virtual presentation.

# Enough with The Humble: Embrace Your Worth And Radiate Confidence

**Suggested Format: Full or Partial-Day; Lecture; Keynote**

**Are you tired of downplaying your achievements and hiding your true potential?** Sometimes we forget that how humbly we view ourselves materializes. With this lecture we say: "enough with the humble." It's time to break free from the chains of false humility and embrace your worth. This lecture challenges societal norms and empowers you to step into your greatness. Join us as we dive into topics such as **self-acceptance, self-development, and authentic leadership**. From this moment, we will begin to **write our success in stone and our challenges in sand**, not the other way around. The idea of why we seek to be humble is presented and understood. Dr. Augustyn presents **scientific research behind the reality of change**. Finally, we all begin to understand that celebration is a choice. The lack of celebration, whether it be for the big things or ordinary occurrences in our lives, is what ultimately keeps us from living a joyful life. As we stay humble, we fail to see the reward for our tireless efforts. In a world that often discourages self-expression and rewards modesty, we're here to **redefine what it means to be confident** without being arrogant. It's time to celebrate your accomplishments and radiate the confidence you deserve, without fear of judgment.



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## Learning Outcomes

- Embrace your unique talents and strengths
- Break free from societal expectations of minimizing your accomplishments
- Understand the science behind creating change and materializing our belief systems
- Understand the drawbacks on our lack of celebration
- Cultivate genuine self-worth
- Lead with confidence and inspire others

### **Course Format:**

This course is offered in-person and can be modified for a virtual presentation.

# Finding Healing and Resilience in the face of Emotional Exhaustion

Suggested Format: Full or Partial-Day; Lecture; Keynote

**Exhaustion and compassion fatigue are becoming a more and more common occurrence** in the daily life of a health care provider, including a dental professional. **Building resilience against a difficult day is a vital force in our own healing journey**, particularly when facing emotional exhaustion. Anyone in the patient journey often overlooks that fostering compassion can be a **powerful remedy** not just in helping patients but also, ourselves. In this course, we will delve into the essential role of resilience, empathy and compassion in supporting the well-being of professionals, discovering how it not only **aids personal recovery** but also **enriches patient care** experiences. We talk about how our difficult days at the practice, currently, leave us coming home giving our loved ones, what is 'left over' on our energy meter. We teach tools to change that around, so that when we go home, our family doesn't get 'the rest of us' it gets 'the best of us.' All data, exercises and practices are rooted and backed by literature. Further, it **leads to patient retention**, can **build up practice growth**, and makes us an important part of the supportive network in the community.



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## Learning Outcomes

- Discuss the over-burned role of any person on the patient journey: the dentist, hygienist, office manager, assistant, or administrator
- Present and practice an action plan leading to healing and building of resilience in the face of emotional compassion
- Discuss the science behind fostering compassion and human relationships as it applies combating difficult days in the practice, empowering change
- Apply principles leading to patient retention, improve practitioner-patient relationships, practice growth and enhanced patient satisfaction.

### **Course Format:**

This course is offered in-person and can be modified for a virtual presentation.

# From \$100 in the Bank to Generational Wealth

Suggested Format: Full or Partial-Day; Lecture; Keynote

In this captivating lecture, Dr. Augustyn, a seasoned dental professional, shares her remarkable story of **turning a struggling practice, Happy Tooth, into a beacon of generational wealth**. With raw honesty and inspiring vulnerability, she reveals the challenges, triumphs, and invaluable lessons learned along the way. Dr. Augustyn delves into key concepts, strategies, methodologies, and tools that propelled her practice from financial uncertainty to absolute abundance. She fearlessly addresses the pain points that plague many dental professionals, asking the tough questions and offering practical insights: **How can I break free from the limitations of a stagnant practice? What would happen if I only had \$100 in the bank? Is it possible to overcome that?** From figuring out who you are to living your truth, she covers it all. Dr. Augustyn specializes in making your learning experience both empowering and enjoyable. You'll walk away with actionable wisdom and a renewed sense of purpose in your own dental journey.



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## Learning Outcomes

- Examine and disassemble fear associated with a failing practice by showing proof that change is possible
- Demonstrate how inspiration, motivation and guidance from our own tribe can be used as hope that success is not just imaginable but also achievable
- Encourage asking for help from coaches and consultants, as well as family, friends and colleagues
- Create an environment for honest conversation for both our challenges and celebrations

### **Course Format:**

This course is offered in-person and can be modified for a virtual presentation.

# Meet Dr. Maggie

Dr. Maggie Augustyn, BS, BS, DDS, FAAIP, FICOI, is a Dawson trained practicing general dentist, owner of Happy Tooth, author, and inspirational speaker. She is Academy of General Dentistry's National Spokesperson and holds a faculty position with Productive Dentist Academy. Augustyn has been featured on 4 magazine covers and is considered among 250 top leaders according to Dentistry Today. She is one of dentistry's most prolific writers. Augustyn authors the first ever wellness column for AGD's Dental Impact and is a frequent contributor Dental Entrepreneur Woman, Dental Entrepreneur and DentistryIQ and Dental Economics. She takes most pride in her role as an author "Mindful Moments" at Dentistry Today. Maggie Augustyn has been nominated as Author of The Year at the Dental Festival.



Though she has no intention of stepping away from holding a handpiece, she is joining a movement of promoting a paradigm shift in dentistry: a much-needed transition uniting what we experience inside the operatory and that which lies outside of it. She eloquently speaks on giving attention to the things that we suppress in the hopes of making us feel less alone and more connected. Through her work on stage she empowers others to embrace their own journeys of self-discover. She has been invited to keynote audiences of 1000+ but is also well versed at intimate gatherings. Dr. Augustyn's life story is one of triumph over adversity, dedication to excellence, and a commitment towards making a difference. Dr. Maggie is truly an inspiration, lighting the way for others to find their own path to fulfillment and meaning.

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## PRESENTATIONS

(Partial Listing)

- Academy of General Dentistry
- American Dental Association
- Productive Dentist Academy
- Smile Source
- Dental Entrepreneur Woman
- Dental Nachos
- Women's Empowerment Conf.
- Int'l. Conf. Dent. & Oral Health
- Chicago Midwinter Meeting



# TESTIMONIALS

In my over 4 decades in dentistry, it is a rare occurrence that an individual comes along with the insight and willingness to share their personal journey in dentistry and in life. As a speaker Dr. Maggie Augustyn **reaches out from the heart and captures the listener's attention in a way I have rarely seen.**

—Dr. Bruce Baird, Productive Dentist Academy, International Speaker, Educator, Author

Maggie Augustyn is an exceptional speaker whose words have the power to transform lives. **Her captivating presence on stage, coupled with her deep insights and expertise, leaves the audience spellbound.** If you're looking for a speaker who can inspire, empower, and bring positive change to any event, Maggie Augustyn is the perfect choice.

—Dr. Anissa Holmes, DentalFlix, Platinum/Ulimate Startup Coaching, KOL, Speaker

Dr. Maggie Augustyn is simply **one of the most inspirational people I have met.**

—Dr. Paul Feuerstein, Editor In Chief Dentistry Today

Dr. Maggie delivered an **outstanding keynote** to our sold-out DeW Life Retreat that earned her a **five-minute standing ovation.** Her dedication, expertise, and unwavering commitment to **empowering our communities is a message that needs to be heard around the world.**

—Anne Duffy, RDH, Dental Entrepreneur Media

There are not nearly enough speakers in the dental world like Dr. Maggie Augustyn. I have had the honor of having Dr. Maggie speak at my Dental Nachos events multiple times and each time she delivers awesomeness. **Maggie connects with the audience through her power of storytelling and vulnerability in a way that is truly magical.**

—Dr. Paul Goodman, Dental Nachos and Dentist Job Connect

I recently had the pleasure of attending Dr. Maggie Augustyn's captivating presentation at the Dental Entrepreneur Women retreat. Her **engaging content and delivery** left us feeling motivated and empowered. It was an unforgettable experience to witness her passion and dedication to sharing valuable insights. **If you have the opportunity to bring Dr. Maggie to your event, I highly recommend it.**

—Vanessa Emerson, Dental Speaker Institute & Dental Speakers Bureau

Dr. Maggie Augustyn instantly draws audiences into a journey of self-discovery. Through authentic, raw, unvarnished stories, she weaves. We've had the pleasure of having her as a **keynote speaker, opening our conference,** and as a **trainer in break-out sessions** with doctors. **Her tales of practice woes and wins inspire everyone in the room.** There truly is only one "Maggie".

—Dr. Victoria Peterson, Productive Dentist Academy

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