

The Life Coach for Dentists  
*BETTER, RICHER,*  
**STRONGER**  
DR. ALAN G. STERN

CHANGE THE WAY  
YOU LOOK AT  
DENTISTRY!

“

*“After 36 years of practice, my passion for what I do is every bit as strong as it was on day one. Whether you’re just starting out or have been practicing for a while, my program can enhance your life.”*

- Dr. Alan G. Stern



DR. ALAN G. STERN

(732) 493-8030 • BetterRicherStronger@gmail.com



# Better, Richer, Stronger: A Guide to Prosperity

**Are you bored, burned out, or feeling overwhelmed?**

**Are you finding that dentistry is not enhancing your life the way you thought it would?**

It is possible to keep the passion for dentistry alive while running and growing a successful practice and living a prosperous, joyous life. By following a few simple principles, you can come to work at the end of each weekend and say "TIGM" (Thank Goodness It's Monday!)

Dr. Alan Stern, practicing dentist, ACE Certified Health Coach and Behavior Change Specialist, will guide participants in finding clarity, purpose, prosperity and happiness in our terrific profession. Using storytelling from his own life and career, lessons he's learned in four decades, and workshop style exercises, Alan will help you create your own unique plan for your preferred future in dentistry and in life.

Alan's lectures will show you how to create and rally your team around a vision and mission that reflect your unique values. He'll show you how to set SMART goals that will get you the practice and life that make you happy for as long as you choose to work. Because when you know where you're going and WHY you're going there, you will succeed!

Let Dr. Stern help you get out of the rut. Get focused. Live healthy. Manage stress. Dream big, but live in reality. Spend time with Dr. Alan Stern and go from burned out to fired up! You can do it. YES, YOU CAN!

## Learning Objectives

- Increase trust, team loyalty and case acceptance by applying Outward Mindset and Humble Inquiry in your practice
- Explore principles of growth mindset to expand your practice and personal joy
- Integrate principles of physical, emotional, mental health into your daily life to increase your energy, self esteem, and effectiveness in and out of your office
- Define and attain financial goals
- Understand the importance of relationships in dentistry
- Master the most important , underutilized dental instruments in your office
- Learn to hire, train, and maintain a team for success and best outcomes
- Know the three words that will turn confrontation into cooperation
- Develop skills to adapt to a rapidly changing dental environment
- Identify and avoid the most serious occupational hazards in dentistry

### Suggested Formats:

Full or Partial Day; Lecture, Workshop, Keynote

### Suggested Audience:

Dentist and Team

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## About Dr. Alan Stern

Dr. Alan Stern graduated Virginia Commonwealth University School of Dentistry in 1981 and established his restorative dental practice in Ocean, New Jersey in 1987. He has studied at The LD Pankey Institute and with masters of Restorative Dentistry and the Oral Systemic Connection.

After struggling for the first 30 years of his career, Dr. Stern found prosperity by restructuring his practice around his unique core values and happiness. As a result of his work with study clubs, conferences, and individuals, dentists rekindle their passion for the profession, earn more money with less stress, and live happier, healthier lives.

On a personal note, he has attained a level of fitness he never dreamed possible. For instance, he held a plank for 10 minutes at the age of 66 and is training to attain new fitness goals every year.



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## HEAR WHAT OUR CLIENTS ARE SAYING

“Dr. Alan Stern has been a strong, positive influence on me, both personally and professionally. I am proud to consider him a mentor, and every interaction between us only helps me further on my journey. With the deepest respect, I will forever be able to thank Alan.”

– Dr. Ben Klayman

## GET IN TOUCH

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