



MIND BODY  
TEACHER



*Empowering Healthcare & Business  
Professionals to Thrive through Mind-Body  
Science & Resilience Training*

## Dr. Kristin Yont DMD - Speaker Portfolio

Dr. Kristin Yont brings over two decades of experience as a dentist, wellness educator, and certified mind-body medicine teacher. As co-owner of a thriving practice in downtown Calgary and lead dentist for the Calgary Flames NHL team, she combines clinical expertise with her passion for helping others lead balanced, connected lives.

Certified in the SMART Program from the Benson Henry Institute at Massachusetts General Hospital, she teaches science-backed practices that reduce stress, build resilience, and improve personal and organizational well-being. She is the creator of SMILE: Stress Management for Inspired Living Everyday, a program for teams seeking deeper connection, fulfillment, and purpose at work.

## Education & Certifications

- Doctor of Dental Medicine, DMD, University of Saskatchewan
- BHI SMART Certified SMART Healthcare Practitioner – Benson Henry Institute (2017–2021)
- Inner MBA – LinkedIn, Sounds True, Wisdom 2.0
- Compassion Cultivation Training – Stanford University (2024)
- Fellow, International Academy of Forensic Dentistry
- Registered Yoga Teacher & Educator in Anatomy, Physiology, and Neuroscience



Dr. Kristin Yont DMD

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## Key Speaking Topics

### **1. Rewiring Stress: Tools for Resilience in the Real World**

Evidence-based tools to manage stress and prevent burnout for healthcare and business professionals

### **2. Mind-Body Medicine for Wellness & Success**

Blending neuroscience research and SMART strategies for personal and professional thriving

### **3. Leading with Empathy: The New Science of Conscious Connection**

How empathy, compassion, and emotional intelligence create high-performing, values-driven teams

### **4. Burnout-Proof Your Team: Simple Shifts for Sustainable Success**

Foundational wellness practices that support team dynamics, engagement, and energy renewal

### **5. Optimizing Peak Performance Through Stress Reduction**

Insights from sports dentistry and elite performance translated for the everyday workplace

### **Audience & Value:**

Dr. Yont's speaking engagements are ideal for:

- ✓ Healthcare professionals looking to improve wellness and resilience
- ✓ Business leaders seeking strategies for stress management and conscious leadership
- ✓ Universities and organizations aiming to implement wellness initiatives



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## Signature Programs

### **Stress Management and Resiliency Training for Professionals**

Guiding participants through strategies to reset the nervous system, increase awareness, and build resilience.

### **Speaking Engagements & SMILE Workshops**

Interactive programs and lectures for clinics, universities, and organizations—tailored to the association or organization's needs to boost team wellness and communication.

### **Wellness Initiatives, Leadership & Retreat Facilitation**

Custom-designed events that integrate mindfulness, movement, neuroscience, and meaningful conversation.

## Booking Information

*Now booking for 2025–2026 keynote presentations, team workshops, and wellness retreats*

### **Reach out today to customize your event:**

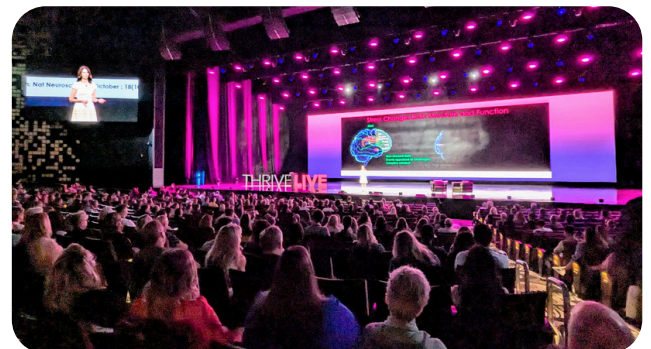
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## Select Speaking Engagements (2022–2025)

- Keynote: THRIVELIVE! Henry Schein Conference, Las Vegas
- Panel Speaker: Women In Dentistry of Toronto & Speer Institute, Scottsdale
- Pacific Dental Conference – Vancouver
- Saskatchewan Dental Conference – Regina
- Alberta Dental Association Wellness Summit – Calgary
- Canadian Dental Hygiene Association – Niagara-on-the-Lake
- Peak Success: Dental Hygiene Owner's Retreat – Calgary
- Manthan Wellness Retreat – Yakushima, Japan
- University of Saskatchewan White Coat Ceremony – Saskatoon
- BC Dental Association Leadership Conference – Vancouver
- Central Alberta Dental Society – Red Deer
- Oasis Interviews – Canadian Dental Association (2024, 2025)

\*Complete list available upon request.



***Most lectures  
eligible for CE  
or CME\****

\*Continuing Education (CE)  
or Continuing Medical Education (CME) credits

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# Testimonials

“ Dr. Yont delivers in an impactful way on a subject we often overlook. Her message is essential for the health of every member of the practice and their patients. Kristin brings clarity and compassion to a topic that affects us all. Her session is relevant, actionable, and long overdue in our profession.

**Gary Severence DDS**

*Senior Director, Henry Schein, THRIVELIVE*

“ I am trained in conventional medicine and have not given much consideration for mind-body medicine until now. Kristin does an excellent job at explaining the science of stress and the role that mind body medicine plays to mitigate. There is a reason that the program is 8 weeks, because it takes time to create change within our body. I am happy to say that after taking the SMART program I personally notice a different as to how I approach and respond to my stressful days in the hospital. It has also been very beneficial to my personal and patient relationships.

**Dr. Karrie**

*BSc, MD, FRCPC*

“ In my public speaking career I've seen hundreds of my fellow speakers up on stage. Dr Kristin Yont is one who strikes a special chord with her audience. Why? Because she brings a rare combination of passion, experience, vulnerability, and authenticity. When Dr Yont speaks of her journey and the tools she has discovered to live a better life, there is a connective power in the sharing of her journey. However, it is because of her sincerity in wanting to help others achieve their own peace of mind, their own better life, that inspires an even deeper connection between Dr Yont and those in the audience. They see themselves reflected in her lived journey. Be it on the main stage or in a more intimate setting, Dr Yont's message will resonate with the audience, and will motivate them to make positive changes to their own lives.

**Doug Fettig CPA MBA**

*Dental Business Speaker and Leadership Coach*

“ I really do feel that we could all use a little more SMART in our lives. Thanks so much for championing this course Kristin.

**Dr. Kari Badwi**

*DDS, Cert Ped Dent, FRCD(C)  
USASK Student sponsor.*

“ I am a Neurologist with interest in Wellness. I live, breathe, and practice Wellness to my Best! During, and more importantly after the COVID pandemic, I have been looking for CME on resilience. This SMART (Stress Management and Resilience Training) course fit the bill. Kristin is an excellent teacher, and I would absolutely recommend this course!

**Dr. Rajive Jassal Neurologist**

*M.D. FRCP CSCN Clinical Professor University of Alberta*

“

Kristin, I can't thank you enough for the "lifechanging" effects this program has had on me.

**Robyn Shields**

*National Operations Manager  
— P&G Professional Oral Health*

“ Stress management & resiliency training is so valuable, and I now have new tools to use in both my personal and professional life. I found Kristin to be knowledgeable and approachable & looked forward to learning from her every week. I consider this program an investment in myself!

**Lynita Eckersley**

*Senior Director, North America  
- Andau Medical*

**Dr. Kristin Yont DMD**

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