

MIND BODY
TEACHER

STRESS LESS, LEAD BETTER

Workshop: Evidence-Based Mind-Body Tools for Resilience, Leadership & Team Wellbeing



Dr. Kristin Yont DMD



Friday, January 29, 2027
9am - 3pm



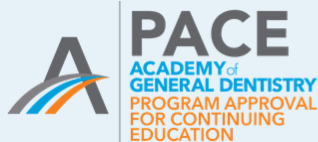
Dakota Dunes Resort
Whitecap, Saskatchewan

Join Dr. Kristin Yont for a practical, evidence-based workshop designed to help dental professionals manage stress more effectively, lead with greater calm and clarity, strengthen communication and build resilience for the demands of work and life.



What You'll Take Away

- Lead with greater calm and clarity under pressure
- Build resilience for demanding days and challenging situations
- Strengthen communication and team connection
- Increase focus, motivation and productivity
- Reduce stress and help protect against burnout
- Develop greater self-awareness and emotional regulation
- Apply evidence-based mind-body tools in everyday practice
- Support your own wellbeing while becoming a stronger leader



Mind Body Teacher
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
any regulatory authority or AGD endorsement.
1/1/2026 to 12/31/2027.
Provider ID# 438691

**DR. YONT'S WORKSHOP IS THE OFFICIAL
PRE-CONFERENCE WORKSHOP FOR:**



An evidence-based wellness retreat designed for women across the dental profession.

The Restore Retreat begins late Friday afternoon, following Dr. Kristin Yont's workshop.

 **Register for Dr. Yont's
Workshop on FRIDAY
here:**



BONUS

**Register for both programs
and receive a **FREE**
Nordic Spa pass!*

 **Register for the
SATURDAY Restore
retreat here:**



Some of our generous
sponsors:



Learn more at www.mindbodyteacher.com

Team Workshops!



Using evidence-based tools, I will help you:

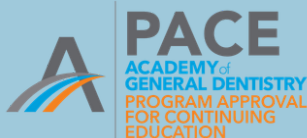
- Build a healthy and respectful workplace
- Ramp up motivation and productivity
- Amplify kindness, communication, and teamwork
- Reduce stress and burnout
- Enhance patient outcomes, quality of life, and your own self-care with scientifically-proven techniques



Dr. Kristin Yont DMD



**CONTACT ME TODAY to discuss how
your custom workshop can be the
catalyst to a new thriving workplace!**



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***Workshops eligible for CE Credits**