



Janiece C. Ervin RDH, BSDH

Speaker Packet

THYROID 101-- THE BUTTERFLY EFFECT



LEARNING OBJECTIVES:

- UNDERSTAND THE FUNCTION OF THE THYROID GLAND
- IDENTIFY COMMON SYMPTOMS OF THE THYROID DISEASE
- PINPOINT THE LOCATION OF THE THYROID GLAND
- UNDERSTAND YOUR CLINICAL ROLE AS A DENTAL PROVIDER

Are you ready to elevate your role as a dental professional and make a lasting impact on your patients' lives? As dental professionals, we are the first line of defense in recognizing potential systemic issues. The thyroid gland plays a monumental role in overall well-being. However, symptoms of thyroid disease can often go unnoticed or be mistaken for other conditions, especially in the multi-tasking, fast-paced lives most Americans live.

In Thyroid 101, we will unravel the intricacies of the thyroid, uncover the tell-tale signs of thyroid dysfunction, locate the thyroid gland, and give you tools to embrace the vital role you play in caring for your patient's WHOLESELF wellness.

TARGET AUDIENCE: ALL STAFF

TIME: 90 MINUTES - 2 HOURS

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RDH, BSDH



SUGAR RUSH: TREATING THE TYPE II DIABETES PATIENT

DIABETES



LEARNING OBJECTIVES:

- UNDERSTANDING TYPE 2 DIABETES
- IDENTIFYING KEY MEDICAL HISTORY FLAGS
- COMPREHENSIVE MANAGEMENT STRATEGIES FOR ORAL HEALTH
- INTEGRATE ADJUNCT THERAPIES

38.4 million people in the United States has diabetes. 97.6 million people in the US are prediabetic.

Understanding the unique needs and challenges of diabetic patients will allow you to offer more effective treatments, leading to better health outcomes and increased patient satisfaction. You will learn to approach patient care with empathy and a holistic perspective, ensuring that you address not only oral health but also the overall well-being of your diabetic patients. Staying at the forefront of dental care by incorporating the latest adjunctive therapies and evidence-based practices into your treatment protocols will boost your professional confidence, allowing you to manage complex cases and communicate effectively with your diabetic patients.

By the end of this course, you will be well-equipped to handle the unique challenges of treating Type II diabetic patients, offering them the highest standard of care and significantly improving their oral and overall health.

TARGET AUDIENCE: DDS, RDH, RDA
TIME: 2 HOURS

JANIECE C. ERVIN
RDH, BSDH



FROM CHAOS TO CALM: #\$\$%, YOU TALKING TO ME?



HAVE YOU EVER HAD A #\$\$% day?

#: youcrazytalkingtomelikethat

\$: you don't pay me enough for this mess

%: I am going to put 0% into this day with you talking to me like that

TARGET AUDIENCE: ALL STAFF

TIME: 1-2 HOURS

In today's demanding work environments, emotional triggers, poor communication, and stress can often lead to disarray and negatively impact employee well-being. "From Chaos to Calm," equips individuals with the vital skills and insights needed to attain workplace wellness by enhancing their communication abilities.

The course focuses on practical strategies to maintain emotional control during challenging circumstances. By nurturing emotional intelligence and refining communication skills, dental professionals will be better equipped to handle their imperfect and demanding workplace scenarios by fostering a personal environment of greater control and positivity.

Ultimately, Janiece aims to provide participants with the necessary tools to navigate workplace challenges gracefully, with empathy and effective communication. By promoting emotional regulation and nurturing healthy communication habits, this course supports individuals in experiencing improved well-being, increased productivity, and enhanced job satisfaction in their personal and professional lives.

Learning Objectives:

- Pinpoint your emotional triggers
- Gain insight into your communication style
- Develop strategies to increase workplace wellness

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HAPPINESS AT WORK: THE WORKPLACE WELLNESS BLUEPRINT



WorkPlace Wellness Workshop

is a comprehensive course led by Janiece Ervin who is a Certified Workplace Wellness Specialist. This workshop is designed to help dental professionals gain valuable insights into themselves and others, fostering more effective communication and personal development. The course emphasizes the importance of self-awareness and practical skills to navigate the challenges of the dental industry successfully. By focusing on individual strengths, participants will enhance their confidence, leading to a more fulfilling and harmonious work environment.

Workshop Highlights:

- **Behavioral Assessments:** Each attendee will receive personalized behavioral assessments to gain insights into their communication styles and what motivates them in their personal and professional lives.
- **Customized Learning Experience:** The course tailors content to address the unique needs and strengths of each dental professional, maximizing their learning experience.
- **Expert Facilitation:** Led by Janiece, a seasoned workplace wellness expert, participants will benefit from her guidance and support throughout the course.
- **Practical Application:** Emphasizing practical tools and strategies, participants will learn skills that can be immediately implemented in daily work routines to improve overall well-being and job satisfaction.

TARGET AUDIENCE: ALL STAFF

TIME: 3 HOURS MINIMUM

**ADDITIONAL FEE: INDIVIDUAL BEHAVIORAL
ASSESSMENTS GIVEN TO EACH ATTENDEE.**

Learning Objectives:

- Gain a deeper understanding and appreciation for yourself and others
- Learn how to effectively communicate in your personal and professional relationships
- Understand your stressors
- Explore your strengths and how they serve you
- Create a higher level of self-awareness and confidence
- Determine the best job and culture fit for your career

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DOLLAR BILLS & DREAMS: NAVIGATING THE JOB HUNT FROM STUDENT TO PROFESSIONAL



Learning Objectives:

- Pinpoint your emotional triggers
- Gain insight into your communication style
- Develop strategies to increase workplace wellness

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Dental or Dental Hygiene Student Workshop

Are you an eager dental professional student on the cusp of graduation, excited about entering the job market and embarking on a new career journey? As you stand on the brink of change, "Dollar Bills & Dreams" is the course tailored for dental professionals like you, providing vital insights and practical tools to confidently pursue your dreams in the job market.

In the flourishing dental industry, numerous job opportunities await recent graduates like you. However, the path to finding the perfect fit can be daunting, and many dental professionals end up feeling unfulfilled due to a lack of self-awareness and an understanding of their true needs for long-term career satisfaction.

This course is your launchpad for personal development and growth, as you navigate the exhilarating journey from student to professional. Under the expert guidance of certified workplace wellness specialist, Janiece Ervin, each participant will undergo a personalized behavioral and motivators assessment, to uncover what workplace environment is best for you personally and professionally.

TARGET AUDIENCE: DENTAL AND DENTAL HYGIENE STUDENTS
TIME: 3 HOURS MINIMUM
ADDITIONAL FEE: INDIVIDUAL BEHAVIORAL ASSESSMENTS GIVEN TO EACH ATTENDEE.

JANIECE C. ERVIN RDH, BSDH

As a clinical dental hygienist, speaker, and business owner, Janiece C. Ervin RDH, BSDH is focused on the prevention of workplace disengagement. She believes that all dental professionals have the power to create a workspace that they enjoy waking up to each day.

Janiece is a vocal advocate for professionals to find joy in their daily workspaces. Her commitment to promoting workplace engagement extends to her role as a Certified Workplace Wellness Specialist. She designs impactful wellness programs, contributing to a positive and harmonious work atmosphere.

As a visionary entrepreneur, Janiece has founded multiple businesses that embody her principles. From the DEN Smiles, a travel dental hygiene company providing opportunities for hygienists to combine work and play, to a national educational platform the DEN Study Club, and the ultimate dental community resource, The DEN List,

Janiece is an active contributor to the dental community as a published author and volunteering with the Colorado Dental Hygiene Association and serving in multiple board positions.



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Energy, Laughter, Joy and Light Bulb Moments

Excellent topic and presentation ... has already been helpful to me Dealing with my boss today!

Great Class!

Loved the class.
Great Energy!

A TOPIC I WAS ACTUALLY INTERESTED IN. NICE TO HEAR ABOUT SOMETHING NEW. GREAT INFO. WAS INTRIGUED THE WHOLE TIME. THANK YOU.

I needed this class today!



Past Presentations- partial listing

- Nevada Dental Hygiene Association
- Colorado Dental Hygiene Association
- Dental ED
- Young Dental
- DEN Study Club

Articles and Podcasts

- Business Spotlight -IDH Magazine
- Hygienist Of The Month- IDH Magazine
- Reduce Stress by Journaling- Write your way to overall wellness- IDH Magazine
- 6 Stages of Behavior Change- Treatment Acceptance- IDH Magazine
- Avoid these 5 Communication Failures- RDH Magazine
- Workplace Wellness- To Tackle Stress Follow This 3 Step Plan
- The Small And Mighty Thyroid Gland- IDH Magazine
- The Dental Handoff Podcast- Episode 39
- A Tale of Two Hygienists: The Dental Top 5 Podcast- Episode 45
- Dental Voice Podcast



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