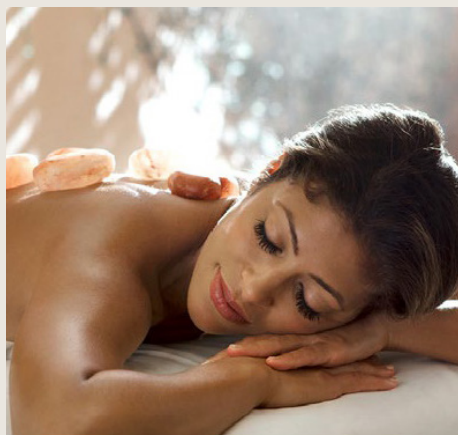




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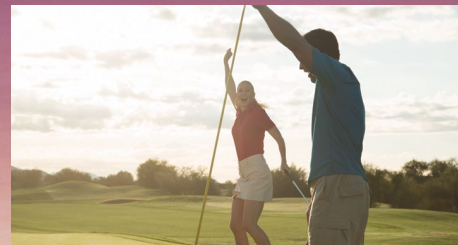
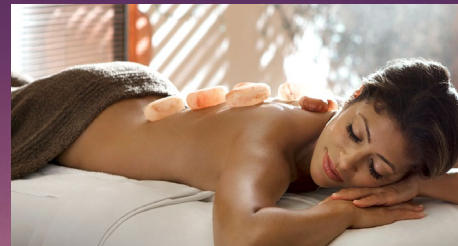
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A Message from Dr. Effie Habsha

B.Sc., D.D.S., Dip. Prosth., M.Sc., F.R.C.D. (C)

Founder of Women in Dentistry

Dear Guests,

Welcome to the first ever **Women in Dentistry x Spear Education** Retreat in beautiful Scottsdale, Arizona. We are absolutely thrilled to have you join us for this exciting new chapter in the Women in Dentistry journey.

This retreat marks a powerful expansion of our mission to create space for women in the dental profession to connect, grow, and thrive both personally and professionally. In collaboration with Spear Education, we've curated a meaningful two-day experience designed to spark inspiration, foster authentic conversations, and provide practical tools to elevate both your practice and your life.

Inside this welcome package, you'll find everything you need to make the most of your time with us, including the full program schedule, speaker bios, and key venue details.

Thank you for being part of this incredible community and for your continued support and dedication to advancing our profession. Your presence here contributes to something truly special: a space where women lead with intention, uplift one another, and shape the future of dentistry together.

We also hope you take this time to unwind, recharge, and enjoy the beauty and calm that Scottsdale has to offer.

With gratitude,

Dr. Effie Habsha and the entire Women in Dentistry and Spear Education team!

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 **women in dentistry**
Work. Life. Balance.

PROGRAM AT-A-GLANCE

DAY 1: September 19, 2025

Location: Main Auditorium

7:00^{am} – 8:15^{am} Breakfast & Registration



Dr. Effie Habsha and Dr. Dan Buttermann

8:15^{am} – 8:30^{am}

Opening Remarks from Spear Education & Women in Dentistry



Dr. Sally Safa

8:30^{am} – 9:15^{am}

Cool Wellness for a Hot Life: How to Keep Calm in a Chaotic World



Christy Ratcliff *CPA - Cain Watters and Associates*

9:15^{am} – 10:00^{am}

Empowered Success: Wealth, Transitions and Balance for Women in Dentistry

10:00^{am} – 10:30^{am} Morning Break



Dr. Pamela Maragliano

10:30^{am} – 11:15^{am}

Nailed it! Getting Composite Restorations Right Every Time



Dr. Alina Krivitsky Aalam

11:15^{am} – 12:00^{pm}

Decoding Bone Graft Material Selection in Implant Dentistry



Dr. Kristin Yont

10:30^{am} – 12:00^{pm}

Stress Less, Thrive More:
A SMARTer Approach to Health and Wellbeing

WORKSHOP 1
Location:
Canady Room

12:00^{pm} – 1:00^{pm} Lunch



Dr. Ashley Clark

1:00^{pm} – 1:45^{pm}

The Daily Grind: Practical Oral Pathology for Your Practice



Dr. Kimberly Schlam

1:45^{pm} – 2:30^{pm}

Implant Prosthodontics: Single Restoration to Full Arch Replacement

2:30^{pm} – 2:50^{pm} Afternoon Break



Greg Macdonald

2:50^{pm} – 3:00^{pm}

Amy Morgan *Vice President of Practice Growth Strategies, Spear Education*

1:00^{pm} – 2:30^{pm}

The Keys to Creating an Ideal Team
Forward Culture



WORKSHOP 2
Location:
Canady Room



Gina Livy

3:00^{pm} – 3:45^{pm}

Mind, Mouth, and Body:
Sustainable Weight Loss for Women in Dentistry



Dr. Effie Habsha and Today's Speakers

3:45^{pm} – 5:00^{pm}

Pearls of Wisdom for Monday Morning: **A Panel Discussion**

5:00^{pm} – 6:30^{pm} Cocktail Reception / Celebration



DAY 2: September 20, 2025

Location: Main Auditorium

7:00^{am} – 8:00^{am} Breakfast & Registration



Eva Grayzel

8:00^{am} – 9:00^{am}

Fortune in Misfortune: A Story NOT Silenced by Stage IV Oral Cancer



Amy Morgan *Vice President of Practice Growth Strategies, Spear Education*

9:00^{am} – 9:45^{am}

See Jane Lead: What Every Woman in Dentistry Needs to Know

9:45^{am} – 10:15^{am} Morning Break



Dr. Shivi Gupta

10:15^{am} – 11:00^{am}

Plan, Place, and Restore: Digital Implant Workflow in Action!



Dr. Farah Kar

11:00^{am} – 11:45^{am}

Invisalign Unlocked:
Pro Tips for Predictable Results & Fewer Headaches



Amanda Thebe

11:45^{am} – 12:30^{pm}

Strong Body. Strong Mind: Crushing it in your Dental Career!



Dr. Effie Habsha and Dr. Fawzia Husain

12:30^{pm}

Closing Remarks / Meeting Adjourn



DAY 1:
September 19, 2025

DAY 1:
September
19, 2025

7:00am – 8:15am
Breakfast

Sponsored by:



Dr. Sally Safa



8:30^{am} - 9:15^{am}

Cool Wellness for a Hot Life: How to Keep Calm in a Chaotic World

Description:

In today's fast-paced world, the ability to set effective boundaries has become more crucial than ever. The relationship between setting boundaries and preventing burnout is a critical one, underscoring the importance of maintaining a healthy work-life balance and prioritizing personal well-being. As high achieving women, many of us struggle to set healthy boundaries. While you may get positive reinforcement for doing all the things for all the people, having poor boundaries leads for stress, anxiety, and eventual burnout.

Objectives:

- Understand why people pleasers and perfectionists' area particularly vulnerable to burnout by struggling to maintain boundaries
- Develop an understanding of the difference between porous, flexible and rigid boundaries
- Create tools and methods for implementing and maintaining healthy boundaries for wellbeing

Dr. Sally Safa is a board-certified Periodontist working in Toronto and an alumna of the University of Toronto where she also teaches at the Faculty of Dentistry. She is a passionate advocate of wellness for dentists. Her masters degree in Psychoneuroimmunology, understanding the effects of stress on the body and brain, combined with her training in MBSR (Mindfulness Based Stress Reduction) allows her to share the science behind stress and happiness. She lectures nationally and internationally and is the author of numerous articles.

9:15^{am} - 10:00^{am}

Empowered Success: Wealth, Transitions and Balance for Women in Dentistry

Description:

As women, we often feel the pressure to “do it all.” Female dentists, in particular, face unique challenges as they balance the demands of running a practice and providing for their families while also finding time to enjoy life outside the office.

On top of this, financial anxiety can weigh on many women. Earning a high income may eliminate some financial concerns, but it can also create new ones. Fortunately, there are strategies to set female dentists on the path to a secure financial future. The first step? Understanding your short and long-term goals. This lecture will guide attendees through the essential components that every financial plan should address, including smart goal setting, maximizing your practice, wealth accumulation, tax planning, practice transition options, and balancing it all.

Christy Ratcliff, Partner of NDP and 7 Pillars (affiliate companies of CWA), will simplify complex financial questions, empowering attendees to implement strategies to help them achieve their personal and business goals.



Christy Ratcliff

CPA - Cain Watters and Associates



Objectives:

- Set a realistic financial self-care plan to meet your personal and business long-term goals, even through times of adversity.
- Understand the practice metrics to focus on to meet your goals.
- Learn how to maximize your cash flows and invest with a purpose.
- Learn how to diversify your portfolio.
- Understand the different options available to sell your practice when the time is right.

Christy received her Bachelor of Business Administration and Master of Science in Accounting from Texas A&M University. She is a Certified Public Accountant and Certified Valuation Analyst. She joined CWA-affiliate company NDP in 2014 as the Head of Consulting and became Managing Partner in 2020. Today, she oversees the overall operations and assists in developing the valuation and consulting service lines as the company guides dental professionals through private doctor-to-doctor transitions.

In 2021, Christy co-founded CWA's affiliate company, 7 Pillars, a transition advisory firm that helps dental professionals navigate the transition process in the DSO space. As a Managing Partner, Christy oversees the Transaction Success Team, performing the practice valuation analysis, financial due diligence, and legal review of the transaction process to ensure a successful process for selling clients.

At both NDP and 7 Pillars, Christy utilizes her unique background in accounting, consulting, valuation, and relationship building to assist clients as they reach their personal and financial goals. She presents to regional and national dental meetings and schools, and she is the co-host of the popular dental podcast Transition Talk and the co-host of The Dental Deal. Christy is incredibly passionate about education and strives to empower her clients with the information needed to make the right decisions regarding their practice and opportunities.

10:00am – 10:30am
Morning Break



Dr. Pamela Maragliano

ivoclar

10:30^{am} - 11:15^{am}

Nailed it! Getting Composite Restorations Right Every Time

Description:

Ever wonder why some restorations last and others don't? Don't rely on luck for the longevity of your restorations; it could negatively impact your reputation and productivity. This course will discuss the characteristics of various restorative materials and present how, when, and why they should be used for the most favorable long-term outcomes. Proper handling and maintenance of various restorative materials will be described. This course will set you up for success and you will feel confident when planning, selecting, placing, and maintaining your restorations.

Objectives:

- Demystify the indications of the various types of composites
- Describe a technique for placing difficult anterior composites with predictability
- To glass ionomer or not to glass ionomer? You will get the answer!
- Describe the indications and handling of various indirect materials
- Discuss how the oral environment can promote longevity or failure of various restorations

Dr. Maragliano was a dental hygienist before earning her DMD from Tufts University School of Dental Medicine and her certificate in Advanced Prosthodontics from UCLA School of Dentistry. She is a board-certified prosthodontist, the Chief Editor for *Dental Economics*, co-host of the podcast *Dentistry Unmasked*, and maintains a private practice in Salem, MA. She lectures internationally and is extensively published. Her passion for prevention has stayed with her throughout her career and in 2010, Dr. Maragliano was awarded the 2010 Adult Preventive Care Practice of the Year by the American Dental Association.

11:15^{am} - 12:00^{pm}

Decoding Bone Graft Material Selection in Implant Dentistry

Description:

Once a tooth is extracted, the natural wound-healing cascade paired with irreversible alteration occurs. Grafting techniques (hard and soft tissue) and prosthetic manipulations are required to attempt reestablishing the proper hard and soft tissue losses and proper emergence profile.

Multiple grafting materials and surgical techniques (hard and soft tissue) have been proposed to reduce and repair the amount of ridge deformation.

Objectives:

- To understand the extraction socket wound healing pattern and rationale for grafting
- To understand the decision tree making of bone graft selection
- To understand the mechanism of bone graft incorporation

Dr. Alina Krivitsky Aalam graduated with a BS in Dental Hygiene, DDS and a Certificate in Advanced Periodontics from the USC School of Dentistry. She is a Diplomate of the American Board of Periodontology and Diplomate of the American Board of Oral Implantology and Implant Dentistry. She is a Fellow of International College of Dentists and of American Academy of Esthetic Dentistry.

Society of Periodontology and USC Research Committee awarded Dr. Krivitsky Aalam for her outstanding achievement and contribution to the field of Periodontics. Dr. Krivitsky Aalam is a Clinical Assistant Professor at the Herman Ostrow School of Dentistry of USC in the department of Advanced Periodontics and a lecturer for the Dental Hygiene program. She is on a committee for Friends of Dentistry and Peer Review. Dr. Krivitsky serves as an expert advisor for the "Surviving Beautifully" book and online source dedicated to helping others with beauty issues during and after a cancer fight.

Dr. Krivitsky maintains a private practice limited to Periodontics and Reconstructive Implant Dentistry in Brentwood, California and lectures nationally and internationally.



Dr. Alina Krivitsky Aalam



WORKSHOP 1

Location: Canady Room

DAY 1:
September
19, 2025



Dr. Kristin Yont



10:30^{am} - 12:00^{pm}

Stress Less, Thrive More – A SMARTer Approach to Health and Wellbeing

Description:

SMART (Stress Management and Resiliency Training) is a Mind Body Medicine program based on 40 years of research from the Benson Henry Institute and Harvard Medical School at Massachusetts General Hospital. SMART teaches self-care practices that help participants buffer daily stress, regain a sense of emotional control, and enhance quality of life. This workshop will provide participants with tools to build resilience through a variety of mind-body principles and self-care interventions, leading to reduced medical symptoms and enhanced quality of life.

Objectives:

- Develop Effective Stress-Reduction Techniques: Attendees will learn and practice evidence-based techniques to reduce stress and enhance their overall well-being.
- Enhance Personal Resiliency Skills: Participants will build their resiliency skills through practical exercises and strategies designed to improve their ability to cope with challenges and adversities.
- Create Personalized Stress-Management Plans: Attendees will develop individualized plans incorporating SMART techniques to effectively manage stress in their daily lives.

*In addition to co-owning her practice in downtown Calgary, **Dr. Kristin Yont, DMD**, has worked with the Calgary Flames NHL team for 26 years and is currently the lead dentist within the medical team. She is also very experienced in forensic dentistry.*

Dr. Yont is one of a few practitioners in Canada who are accredited to teach the SMART Program from the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital. The Stress Management and Resiliency Training Program is designed to help participants regain control and build resilience through a variety of mind-body principles and self-care interventions, leading to reduced medical symptoms and vulnerability to disease and to enhanced wellness and quality of life.

Dr. Yont is an avid speaker and runs workshops, retreats, and programs for dental professionals. She also works with universities, healthcare associations, and business leaders to implement wellness initiatives for their organizations. She has recently completed Compassion Cultivation Training from Stanford and an Inner MBA program that focuses on building conscious leadership.

12:00pm – 1:00pm
Lunch

Sponsored by:



1:00^{pm} - 1:45^{pm}

The Daily Grind – Practical Oral Pathology for Your Practice

Description:

This course will cover basic lesions of the oral cavity with a variety of topics ranging from benign to malignant. The goal of the course is for participants to become comfortable recognizing common oral lesions and understanding how to manage their patients with these conditions.

Objectives:

- Recognize common pathologic lesions of the oral cavity.
- Determine which lesions require a biopsy.
- Discuss how to manage patients with oral pathology.

Dr. Ashley Clark is a board-certified oral pathologist currently serving as the President of CAMP Laboratory in Indianapolis, Indiana, after a nearly decade-long career serving as an oral pathologist in academia. She is on the Professional Board for Oral Cancer Cause and Digital Dental Notes and the Advisory Board for General Dentistry. Dr. Clark has won several teaching awards, has provided over 200 continuing education courses, and has authored more than 50 publications and book chapters. She is a member of the American and International College of Dentists. For a free biopsy kit, please email aclark@camplaboratory.com.



Dr. Ashley Clark

DAY 1:
September
19, 2025

1:45^{pm} - 2:30^{pm}

Implant Prosthodontics: Single Restoration to Full Arch Replacement

Description:

Restoring dental implants has become continuously more challenging as our patients expect esthetic and biological results matching their natural teeth. Digital record acquisition, combined with virtual surgical planning, has greatly improved the efficiency and predictability of outcomes for our patients. Stacking of virtual data obtained using AI-generated smile design software has revolutionized the experience of restoring dental implants.

Objectives:

- Review key concepts of single and full arch implant restorations.
- Introduce a full digital workflow for implant restorations.
- Explore a team approach to accomplish a digital or partially digital workflow.

Dr. Kimberly Schlam is the owner of a start-up private prosthodontic practice in Bend, Oregon. Her practice focuses on patient-centric, multi-specialty, collaborative care. Her research has focused on patient-reported quality of life outcomes of implant prosthetics. She focuses on using digital technology to improve techniques, communication, and enhance her patients' experiences. Dr. Schlam received her dental training from Tufts University School of Dental Medicine and her Certificate of Prosthodontics and Master's degree from UNC Chapel Hill. She has also served as an active duty US Army prosthodontist.

Dr. Schlam joined Spear Education's esteemed Resident Faculty in 2024, bringing a wealth of experience and expertise in prosthodontics and a commitment to patient-centric care to the team.

2:30pm – 2:50pm

Afternoon Break

2:50^{pm} - 3:00^{pm}

Greg Macdonald is the founder of Bathorium, a cult-favorite bath brand launched in 2014, inspired by a transformative bathing experience in Italy. This moment sparked his mission to create clean, effective, and indulgent bath rituals—fueling a movement across North America and beyond.

With a background at Disney and other luxury brands, Greg brings a deep passion for elevating wellness experiences both at home and while traveling. A firm believer in balanced self-care, he has been recognized with multiple entrepreneurial awards and actively mentors fellow founders and brand leaders, offering guidance and support.

His vision of bathing beautifully has become a phenomenon, and he remains relentless in his pursuit to spread the art of bathing worldwide.



Dr. Kimberly Schlam



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Greg Macdonald



BATHORIUM™

WORKSHOP 2

Location: Canady Room

1:00^{pm} - 2:30^{pm}

The Keys to Creating an Ideal Team Forward Culture

Description:

"The strength of the team is each individual team member. The strength of each member is the team" –Phil Jackson

An inspired, self-directed team focused on continuous growth is essential in today's dental practice. In the dynamic landscape of today's competitive job market, cultivating an environment that magnetizes and keeps top-tier teams is an imperative skill for leaders and managers in any size dental practice. We will dive deeply into the team lifecycle, learning how to find the right team members, grow internal talent and retain motivated, A-players who move your practice vision and goals forward.

Objectives:

- How to Hire the best, in today's challenging environment
- Connect and engage with your team – Meet them where they are!
- The "ADKAR" principles of change management (Awareness, Desire, Knowledge, Ability and Reinforcement)

Amy Morgan - Vice President of Practice Growth Strategies, Spear Education

Amy Morgan was a consultant, trainer, and CEO of Pride Institute – a nationally acclaimed practice management consulting company – for more than 25 years. She and her teams have revitalized thousands of dental practices using management systems proven to help dentists become more secure, efficient, and profitable.

A prolific speaker and writer, Amy has presented throughout North America and Europe. Additionally, she has been featured at numerous regional organizations. She has published a wide variety of columns and whitepapers in major dental publications, in addition to self-guided training manuals. Her books, like, Leadership Lessons From the Road: Why Bother, We're All Nuckin' Futz!, which is among the best-selling books on dental assisting and practice management – provides real solutions to help doctors and their teams address the daily issues that arise in the evolution of their practices.

As a valued Spear Resident Faculty member and Vice President of Practice Growth Strategies, Amy also contributes regularly to Spear's practice management seminars and related content.

Amy is a mom, grandma, and proud cat mom to two cats – Panda Bear and Storm.



Amy Morgan

Vice President of Practice Growth
Strategies, Spear Education

SPEAR
THE PURSUIT OF GREAT DENTISTRY

DAY 1:
September
19, 2025



Gina Livy



3:00^{pm} - 3:45^{pm}

Mind, Mouth, and Body: Sustainable Weight Loss for Women in Dentistry

Description:

Women in dentistry spend their days caring for others, but what about their own health? Long hours, demanding schedules, and high stress make weight loss feel like an impossible challenge. Within this session, Gina Livy, CEO & Founder of The Livy Method, will break down why traditional diets fail and how a sustainable, science-backed approach to weight loss can work—even for busy professionals. Attendees will gain insight into how stress, inflammation, and even oral health impact metabolism, while learning practical strategies to lose weight in a way that's realistic, effective, and maintainable for life. No gimmicks, no quick fixes—just real solutions for real results.

Objectives:

- **Break Free from Dieting and Understand What Actually Works for Weight Loss:** Learn why conventional diets fail and how to lose weight without counting calories, cutting out entire food groups, or following rigid meal plans.
- **Master the Science of Weight Loss—Beyond Just Food and Exercise:** Understand how stress, hormones, sleep, and even oral health impact weight management and how to work with your body, not against it, to see lasting results.
- **Create a Sustainable Routine That Fits a Busy Professional Life:** Discover simple, effective strategies to lose weight while balancing a hectic schedule, so you can feel energized, confident, and in control of your health—without adding more stress to your plate.

Gina Livy, founder and CEO of The Livy Method, is a best-selling author and keynote speaker who is transforming the way the world approaches weight loss. With her fun, honest, and engaging style, Gina has redefined weight loss as a healthy, sustainable journey—one that has restored hope among those who had given up and empowers people to live their best lives.

Over her 30-year career, Gina has helped more than 100,000 people not just lose weight but completely transform their relationship with food and their bodies. Her impact spans 55+ countries, a vibrant and growing community, and over 6 million podcast downloads.

3:45^{pm} - 5:00^{pm}

Pearls of Wisdom for Monday Morning: A Panel Discussion

Moderator: Dr. Effie Habsha

Panelists: Dr. Pamela Maragliano, Dr. Alina Krivitsky Aalam, Dr. Ashley Clark, Dr. Kimberly Schlam, Dr. Sally Safa

Description:

The panel discussion at WiD X Spear Education at the end of Day One will serve as a dynamic forum where the day's distinguished speakers come together to explore key insights, challenges, and innovations shaping modern dentistry, leaving the audience with "pearls of wisdom" to take to their office on Monday morning.

Panelists will address audience questions, share real-world experiences, and offer diverse perspectives on topics such as digital dentistry, implant advancements, oral pathology and the future of oral health. Attendees will gain valuable takeaways to apply in their own practices from this collaborative exchange, enhancing their professional knowledge and fostering connections within the dental community.

Objectives:

- Engage in conversations with the speakers from Day 1 on topics pertaining to their lectures.
- Practical clinical pearls to take to your office on Monday morning ranging from digital workflows to next-gen implant techniques
- Forge valuable connections, exchange ideas, and collaborate with peers and experts to drive innovation and excellence in modern dentistry.

Dr. Effie Habsha earned her DDS, Diploma in Prosthodontics and Master of Science degrees from the University of Toronto. She is an Adjunct Assistant Professor at the Department of Dentistry, Eastman Institute for Oral Health at the University of Rochester Medical Center. Dr. Habsha has served as an Assistant Professor at the University of Toronto and currently instructs both at the undergraduate and graduate level in Prosthodontics at U of T. Dr. Habsha joined Spear Education's Resident Faculty in 2024, bringing a wealth of experience and expertise in Prosthodontics.

Dr. Habsha is the founder of Women in Dentistry: Work.Life.Balance, a group created in 2010 for women in dentistry which aims to educate, empower and connect all women in the dental field. Dr. Habsha maintains a private practice limited to Prosthodontics in Toronto and lectures nationally and internationally on various prosthodontic and surgical topics.



Dr. Effie Habsha

5:00pm – 6:30pm

Cocktail Reception / Celebration

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DAY 2:
September 20, 2025

DAY 2:
September
20, 2025

7:00am – 8:00am
Breakfast

Sponsored by:



Eva Grayzel



8:00am - 9:00am

Fortune in Misfortune: A Story NOT Silenced by Stage IV Oral Cancer

Description:

Patient stories matter. Eva Grayzel transports dental professionals into the oral cancer patient's experience sharing riveting details about her delayed diagnosis and finding the strength to persevere through the devastating effects of radical surgery and radiation. Audiences will be motivated with new thinking about oral cancer screenings and patient education. Her compelling narrative humanizes oral cancer, inspiring audiences professionally and personally.

Objectives:

- Inspire new thinking about patient communication.
- Integrate the wisdom of a survivor to enhance patient care.
- Experience through story the physical and emotional effects of a late-stage oral cancer diagnosis.

Eva Grayzel first told her story at the 2003 National ADA conference on the main stage to 9,000 dentists. That's when she knew her story needed to be heard. Since then, she has become the voice for oral cancer, speaking internationally at dental, medical, and survivorship conferences on the patient perspective. She is the founder of Six-Step Screening, an education initiative to raise awareness about signs and symptoms of oral cancer, for which she was awarded honorary membership to the American Academy of Oral Medicine. She is the author of two children's books to empower children with coping skills and communication strategies when someone they know has cancer.

9:00^{am} - 9:45^{am}

See Jane Lead: What Every Woman in Dentistry Needs to Know

Description:

Every woman who has assumed a position of leadership in dentistry recognizes the challenges, myths, and stereotypes that can be perceived as barriers to success. The good news? There has been a dramatic shift in the traditional business world when it comes to effective leadership skills and traits. What was the accepted "Command and Control" leadership model no longer is effective. The characteristics that are now considered to be most effective have traditionally been perceived as feminine (empathy, collaboration, multi-tasking). Enhancing those skills makes for excellent business cultures.

Objectives:

- How to benefit from your natural traits to create an energized work team that values interdependence and synergy.
- How to communicate in a way that inspires trust and confidence.
- How to fully embrace emotional intelligence to create a culture of success.

Amy Morgan - Vice President of Practice Growth Strategies, Spear Education

*Amy Morgan was a consultant, trainer, and CEO of Pride Institute – a nationally acclaimed practice management consulting company – for more than 25 years. She and her teams have revitalized thousands of dental practices using management systems proven to help dentists become more secure, efficient, and profitable. A prolific speaker and writer, Amy has presented throughout North America and Europe. Additionally, she has been featured at numerous regional organizations. She has published a wide variety of columns and whitepapers in major dental publications, in addition to self-guided training manuals. Her books, like *Leadership Lessons From the Road: Why Bother, We're All Nuckin' Futz!*, which is among the best-selling books on dental assisting and practice management – provides real solutions to help doctors and their teams address the daily issues that arise in the evolution of their practices.*

As a valued Spear Resident Faculty member and Vice President of Practice Growth Strategies, Amy also contributes regularly to Spear's practice management seminars and related content.



Amy Morgan

Vice President of Practice Growth Strategies, Spear Education

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9:45am – 10:15am
Morning Break



Dr. Shivi Gupta



10:15^{am} - 11:00^{am}

Plan, Place, and Restore: Digital Implant Workflow in Action!

Description:

Digital technology has transformed implant dentistry, making planning and placement in the GP practice more precise and predictable than ever before. This lecture guides you through the complete digital workflow, from initial planning to final restoration, demonstrating enhanced clinical outcomes, optimized practice efficiency and elevated patient comfort. Discover how these techniques can not only improve your practice's success but also bring greater fulfillment to your dental career.

Objectives:

- Learn how to leverage digital technology, including CBCT, intraoral scanning, and guided surgery, to enhance precision and predictability in implant dentistry.
- Understand how a fully digital approach streamlines treatment planning, improves case acceptance, and increases practice profitability.
- Explore how digital workflows improve implant accuracy, reduce chair time, and elevate patient comfort and satisfaction.

Dr. Shivi Gupta owns a thriving multidisciplinary practice in San Diego, California. She completed her Advanced Education in General Dentistry Residency at The University of Texas Health Science Center in San Antonio and earned her dental degree from the University of Manitoba, Canada, two decades ago. Passionate about digital technology, she utilizes CAD/CAM applications for crown and bridges, implants, smile designs, and orthodontics. Dr. Gupta serves as Resident Faculty with CDOCS, holds the role of Education Clinical Leader at Imagen Dental Partners, and is an Alpha/Beta technology tester and Key Opinion Leader (KOL) speaker for Dentsply Sirona. She actively participates as a hardware, software, and material tester for various dental companies, sharing her expertise through national and international lectures on digital dentistry and connected technology.

11:00^{am} - 11:45^{am}

Invisalign Unlocked: Pro Tips for Predictable Results & Fewer Headaches

Description:

Invisalign treatment has transformed modern dentistry, but achieving consistently predictable outcomes can still be a challenge. As a top Invisalign provider, I've encountered (and overcome) many common pitfalls that can derail treatment and frustrate both doctors and patients. In this lecture, I'll share real-world tips and tricks to help you refine your approach, improve efficiency, and get better results with clear aligners. Whether you're a general dentist or a specialist, you'll walk away with actionable strategies that you can implement in your practice first thing Monday morning.

Objectives:

- Identify common mistakes in Invisalign treatment planning and execution—and learn how to avoid them.
- Discover key strategies to enhance predictability, improve patient outcomes, and streamline workflows.
- Apply practical, immediately actionable tips to elevate your Invisalign cases and boost your confidence as a provider.

***Dr. Kar** is a double board-certified orthodontist (USA & Canada) and one of the top Invisalign providers in the southeast, winning multiple awards for excellence in orthodontics and customer service. Originally from Toronto, she later moved to Atlanta, Georgia. She earned a bachelor's degree in fine arts and a master's degree in Project Management from Georgia Tech before transitioning to dentistry. She received her Doctor of Dental Surgery degree from the University of Minnesota and specialized in craniofacial orthodontics, earning her second Master of Science degree. Dr. Kar is an accomplished speaker, researcher, and mentor in orthodontics, publishing research and contributing to dental education internationally.*



Dr. Farah Kar

align

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DAY 2:
September
20, 2025



Amanda Thebe



11:45^{am} - 12:30^{pm}

Strong Body. Strong Mind: Crushing it in your Dental Career!

Description:

Most dentists are overworked, stressed, and struggle to find time for their health. When you barely have time to eat lunch, starting a new fitness routine can feel overwhelming. In this presentation, Amanda will share simple, practical strategies to prioritize your health through exercise—without adding more stress to your day. These tips will help you feel and perform better while setting the foundation for a long, healthy career.

Objectives:

- Empowering dentists to take control of their health through exercise in all life stages.
- Understanding the health risks of being sedentary, aging, and changing hormonal profiles.
- Finding evidence-based solutions for longevity in a dental career.

Amanda Thebe is a Fitness and Women's Health Expert and the author of the Amazon best-seller *Menopocalypse: How I Learned to Thrive During Menopause and How You Can Too!* With nearly 30 years of experience in the fitness industry, she is a sought-after speaker on women's health and wellness. Amanda is the co-founder and Chief Branding and Growth Officer at Nyah Health, Canada's first complete healthcare solution for menopausal women, launching in 2024. She is also Canada's first menopause workplace educator, providing corporate training on health and productivity. A popular guest on podcasts, radio, and TV, Amanda brings humor and a no-nonsense approach to health topics, inspiring audiences worldwide.

12:30pm

Closing Remarks / Meeting Adjourn
Dr. Effie Habsha and Dr. Fawzia Husain

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