

# Have You Bought Your Boat Yet?

## What does personal and professional happiness look like for you?

In our fast-paced world, many of us never stop to ask the question, “What do I want my life to be?” It’s easy to get on the treadmill and never get off again. Can we consciously *design* a life and work that is fulfilling?

In this energizing presentation, Dr. Bregman shares principles and tools for defining what we want in life, the resources needed to achieve our goals, and how to get out of our own way to reach success. Learn how to identify and remove road blocks within ourselves.



Make “someday” now. Go from dreaming to doing fast!<sup>TM</sup>

### Learning Objectives:

- Learn proven methods to break through barriers and identify your own unique personal direction, dreams, and work/life goals
- Determine the resources you have available to reach your life goals and which you still need to acquire
- Understand how to recognize the signs of “scripts” in your head that get in the way of reaching your goals
- Define proven ways to tear up self-defeating scripts and create new scripts to help you accomplish your goals

Suggested Attendees: Dentist | Suggested Formats: Keynote / Workshop

DR. JONATHAN A. BREGMAN



Dr. Jonathan A. Bregman, DDS, FAGD, CAFL

*Speaker, Consultant, Coach & Author*

919.949.2382

[drb@bregmanconsulting.com](mailto:drb@bregmanconsulting.com)

[www.BregmanConsulting.com](http://www.BregmanConsulting.com)

[www.EndOralCancer.com](http://www.EndOralCancer.com)

