

KARAN NIJHAWAN



**THE DIGITAL FESTIVAL
DECEMBER'S**



alen

**SPEAKER
PACKET**

KARAN@JUBE.CA

709-746-9637

THE UPGRADED DENTIST: HOW TO CREATE & LIVE AN AUTHENTIC LIFE

WHAT IF YOU ONLY HAD 4,000 WEEKS?

You did everything right, but you still aren't fulfilled.

You have a nice car, the family, and the successful practice - yet something inside of you still feels missing.

Despite your outer achievements, you have a nagging sense of failure and an inability to find peace.

You have a strong desire for 'more' but can't pinpoint what that 'more' is.

In this real and transparent conversation, Karan Nijhawan will teach you how to generate a ROL: Return On Life. You'll learn how to stop deferring your life plans to an unknown future date and how to create and live your dream life now.

You'll also learn how to overcome doubt, worry, and the feeling of imposter syndrome. Karan will share simple, yet powerful strategies, on how to get more out of life without having to work harder.

Using a simple "fear-setting" formula, participants will learn how to create BIG personal and professional goals and get more accomplished in the next 12 weeks than they have in the last year.

OBJECTIVES

- How to Minimize Imposter Syndrome, Regret and Worry Using the "Fear-Setting" Formula
- Overcoming the Zone of Resistance (ZOR) - The Monster in Your Closet Holding You Back From Your Authentic Life
- Explore Techniques to Reduce Stress and Increase Motivation
- Implement the "ABC" Goal Setting System Designed to Help You Accomplish Bucket-List Goals in Record Time
- How to Boost Self-Image And Improve Your Relationship With Yourself



"If Not Now, When?
If Not You, Who?"

SUGGESTED FORMAT:

LECTURE | KEYNOTE | WORKSHOP

AUDIENCE: DENTIST | HYGIENIST | TEAM

709-746-9637

WWW.KARANNIJHAWAN.COM/SPEAKING

CULTIVATING CONFIDENCE: COMBATING MENTAL HEALTH IN DENTISTRY

"EVERYTHING IS FINE" - SAID NO ONE EVER

Most people don't realize that the dental profession is one of the most at-risk for mental health disorders. These include depression, anxiety, and the negative effects of stress. Mental health in dentistry can often be considered a taboo subject, but it has been ignored for too long.

Karan Nijhawan brings a unique twist to the world of mental health in dentistry by training dentists on how to cultivate confidence by improving their self-image so that they can minimize stress and live a happier lifestyle.

Dentists aren't immune to mental health conditions. Unfortunately, that hasn't stopped the stigma surrounding the healthcare industry. It's one of the reasons many dental professionals don't get the help they need.

In this powerful conversation, Karan shares seven rituals to cultivate confidence. These "rituals" were designed to help dentists and teams unlock a better life.

If you are ready to find the path that will lead to personal fulfillment and to get out of the "FUNK" once and for all, look no further than in the mirror and ask yourself "how do I want to live the rest of my life?"

OBJECTIVES

- What Is Mental Health & How Does It Impact Professionals in Dentistry
- The Seven Rituals to Cultivate Confidence & Combat Mental Health in Dentistry
- How to Shift Your Beliefs & Move Through Your Fears
- Utilize the "MENTAL" Framework to Boost Your Self-Image
- Daily Tips & Strategies to Keep You in Alignment

Are You Living a Life True to Yourself? Or a Life Others Expect of You?



SUGGESTED FORMAT:
LECTURE | KEYNOTE | WORKSHOP
AUDIENCE: DENTIST | HYGIENIST | TEAM

709-746-9637

WWW.KARANNIJHAWAN.COM/SPEAKING

MEET KARAN NIJHAWAN

2022 DENTISTRY'S GOT TALENT COMEBACK CRUISE WINNER!

Karan Nijhawan has been helping people live their authentic lives and increasing fulfillment since 2016. He's hosted over 250+ connection dinners, workshops, seminars, conferences, and retreats all over the world.

In November 2022, he competed in and **WON Dentistry's Got Talent** in Fort Lauderdale - a speaking competition among dentists, and influencers in dentistry.

He helps people overcome self-doubt, mitigate fear and live a life of the new rich: a life where people enjoy the currencies of time and freedom.

His talks and coaching programs help dentists reduce daily stress, minimize burnout and increase fulfillment. He's worked with hundreds of individuals on stress reduction and creative life design.

If you're looking for an outside-the-box speaker that will make your participants stop and think about their life, while feeling an immediate boost of possibility in their lives, Karan Nijhawan is your guy.

[CLICK HERE TO WATCH KARAN SPEAKING IN ACTION!](#)

