



# Mark Davis, DDS

SPEAKER PACKET





# From Chaos to Calm

## STRATEGIES FOR STRESS-FREE, PRODUCTIVE DENTISTRY

Dentists face the challenge of managing time effectively while juggling high-quality care, patient expectations, and team dynamics. Perfectionism, lack of boundaries, and poor communication often lead to burnout, stress, and disengagement.

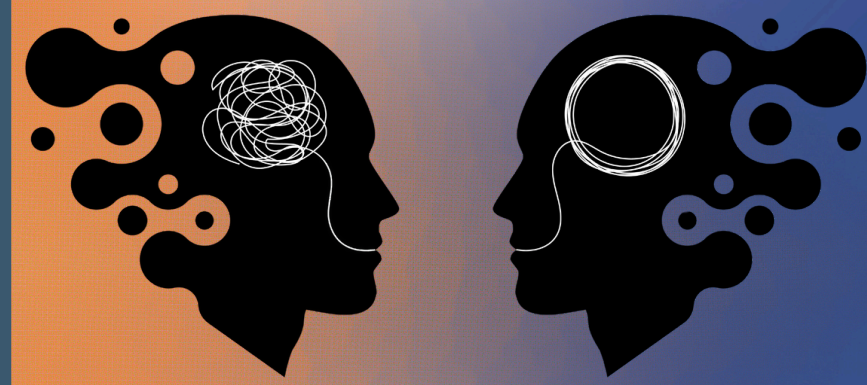
This course equips dentists, associates, and practice owners with actionable strategies and tools to create a stress-free, productive, and fulfilling practice. Join us and dive into the critical topics of clinical efficiency, time management, empathy, and effective communication. Participants will learn to set realistic expectations, balance excellence with practicality, and master planning strategies to avoid running behind schedule.

Through engaging discussion and practical demonstrations, Dr. Mark Davis shares strategies he has elevated his dental business success, team, and personal happiness over the past three decades. Discover how to balance precision with speed, minimize procedural delays, and cultivate a solution-focused mindset. Explore verbal skills that foster trust with patients and harmony within your team. Learn mindfulness practices that turn high-pressure moments into opportunities for growth, ensuring better outcomes for everyone involved.

Combining practicality with inspiration, participants will leave with the confidence and clarity needed to love dentistry again, even on their busiest days.



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### LEARNING OBJECTIVES:

- Analyze daily workflows to identify inefficiencies and explore strategies which streamline patient care and team coordination
- Develop time management skills that prevent running behind schedule while maintaining high standards of care
- Differentiate empathy and mindfulness techniques which foster positive interactions with patients and team members
- Recognize verbal skills which manage patient expectations, reduce conflict, and create trust and rapport
- Illuminate efficient, effective techniques for anesthesia, extractions, and root canals, empowering dentists to retain more procedures in-house
- Recognize when striving for excellence must coexist with acceptance, making peace with factors beyond your control without compromising quality
- Construct boundaries and procedural "gears" to adapt seamlessly to varying levels of patient complexity and team dynamics

#### SUGGESTED AUDIENCE:

Dentist/Practice Owners

#### SUGGESTED FORMAT:

Lecture, Workshop, Keynote



# About Dr. Davis

How can dentists overcome the stress of managing a practice, balance patient care with efficiency, and navigate the complexities of ownership – all while fostering efficiency, harmony, and a fulfilling career?

With nearly four decades of experience and practice ownership, Mark Davis, DDS offers actionable insights to transform these challenges into opportunities for growth, success, and renewed passion for dentistry. A seasoned educator, entrepreneur, and clinician, he has owned 16 practices throughout his career and currently owns and manages two practices. Dr. Davis has honed business acumen to help dentists achieve their professional and personal goals. His practical approach inspires dental professionals to create stress-free, productive practices and thrive both professionally and personally.

Through his consulting firm, Dental Simplified, Dr. Davis empowers dentists and practice owners to transform their practices into efficient, balanced, and fulfilling operations. With expertise in improving workflows, fostering effective communication, and managing time, he provides guidance to help clients reduce stress, enhance team dynamics, and confidently handle the complexities of practice ownership.

Dr. Davis, a recognized innovator in dentistry, invented the patented Comfort Indicator, a device that enables patients, including non-English speakers, to clearly communicate their comfort or pain levels during procedures.

On the personal side, Dr. Davis competes in Ironman Triathlons, demonstrating the same discipline and passion that fuel his professional success. Dr. Davis earned his DDS from Loma Linda University School of Dentistry and a BS in Health Science from La Sierra University.