



Speaker Packet

“Success does not bring happiness. Incredibly,
happiness is the precursor to success.”

DR. TARRYN MACCARTHY

Dr. Tarryn
MacCarthy



You CAN live your most successful, purposeful life.

We are each entitled to and have the power to reach for inner fulfillment and happiness. **Tarryn MacCarthy, DMD** empowers audiences across the nation through her speaking and training programs. When we allow ourselves this birthright to feel good, we empower ourselves to be better providers and leaders for our patients, our families, our teams, and our dreams.

*Dr. Tarryn
MacCarthy*

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Presentations



Bounce: REBOUND WITH INSPIRED ACTION WHEN LIFE IS SPIRALING OUT OF CONTROL

Dr. MacCarthy shares a step-by-step guide for facing the fear in life's greatest challenges and taking back dynamic leadership of your life and dreams.



Boost: YOUR AUTHENTIC POWER TO BECOME THE LEADER OF YOUR DREAMS

Learn how to incorporate your passions into dentistry to fulfill your soul and not just your bank account.



Worthy: THE KEY TO HAPPINESS AND SUCCESS

In this heartfelt, inspiring seminar, Dr. MacCarthy shines a light on the path to true success and helps you develop your plan to rediscover yourself and your happiness.

Bounce:

REBOUND WITH INSPIRED ACTION WHEN LIFE IS SPIRALING OUT OF CONTROL



LEARNING OBJECTIVES

When we want to deliver our best yet so much is out of our control, fear can blind us from making empowered decisions.

There is hope. In fact, this could be the BEST THING that has ever happened to you!

Whether it is crippling economic downturn, tragedy and loss, or personal conflicts, learn to drown out the noise and tap into your greater intelligence and ingenuity. Certified Transformation Coach, Dr. Tarryn MacCarthy shares a powerful ingenuity guide for facing the fear, getting out ahead of it and taking back dynamic leadership of your life and dreams.

Learn compelling techniques for recognizing when and how to shift your mindset, uncovering inner fortitude, and taking inspired action. Explore an evidence-based approach for activating the neurochemical cocktail that drives innovation and is at the core of flow. Discover the resilience to not only grow from challenges, but to THRIVE!

- Explore a process to recognize, name and question fear
- Identify techniques to shift perspective and release paralyzing psychological distress
- Learn the benefits of intention setting and quantum journaling
- Discover a formula to recalibrate the evidence and your mindset to set yourself up for success
- Reclaim your power, reconnect to the dream, and cultivate the expertise you deserve – your own

SUGGESTED FORMAT:
Partial Day; Lecture, Keynote,
Workshop

SUGGESTED AUDIENCE:
Healthcare Professionals



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Boost:

**YOUR AUTHENTIC
POWER TO BECOME
THE LEADER OF
YOUR DREAMS**



LEARNING OBJECTIVES

Dentistry is not the problem! You don't have to throw it all away. Learn how to incorporate your passions into dentistry to feed your soul and not just your bank account.

Have you found yourself asking “Is this all there is to life?” Or have you had a sneaky suspicion that you are meant for something greater? The poison is in chasing someone else’s version of success.

Dr. Tarryn MacCarthy shares strategies for building a business and a life that allow you to bring your higher self to greater contribution and the realization of your dreams. Redefine what success looks like for you without abandoning years of experience and investment. Rediscover that your happiness IS the key to success and how to utilize your skills and expertise to amplify your happiness.

Discover the steps to customize and reimagine your business plan. Learn the Three Permissions of Self-Empowerment through which Tarryn launched her scratch-start practice to enormous success in three years. *What is the secret?* You.

- Identify your core values and the power they hold to define YOUR version of success
- Explore practices which empower you to follow your passions and boost your happiness
- Recognize the power of curiosity and how to tap into the neurochemical cocktail that catapults success
- Develop the skills to customize a values-based business plan for living and working in integrity
- Double down on your greatest resource: YOU

SUGGESTED FORMAT:
Partial Day; Lecture, Keynote,
Workshop

SUGGESTED AUDIENCE:
Healthcare Professionals,
New and Younger Member Dentists,
Dental Students

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Worthy.

THE KEY TO HAPPINESS AND SUCCESS



You chased the dream and achieved success! But now you're in overwhelm and feel like you can't get off the treadmill... that you built.

You've tried the alternative. It's time to meet the woman in vision. It's time for self-compassion. What most professionals don't know is that success in business and in life should NEVER be a struggle. It is in the effortless that we cultivate the incredible. In this heartfelt, inspiring seminar, Dr. Tarryn MacCarthy shines a light on the path to true success and helps you develop your plan to rediscover yourself and your worthiness for happiness.

Discover the silver bullet to success and happiness in business (*hint: It's you!*) Gain tools and strategies to recognize and honor your wholeness, your enough-ness and your deservancy. Identify the self-love principles which enable you to make a greater impact in your office, family and community. Realize that what is best for you IS what is best for everyone else and that when you feel good you can do good.



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LEARNING OBJECTIVES

- Learn how to find happiness in business and success on your terms
- Recognize the hormonal impact of happiness on creativity, ingenuity, leadership, and success
- Harness the power of habit
- Understand your love language and how to use it as a tool for success
- Implement mindfulness strategies including meditation, breathing exercises and visualization to amplify happiness and self-compassion

SUGGESTED FORMAT:

Partial Day; Lecture, Keynote,
Workshop

SUGGESTED AUDIENCE:

Healthcare Professionals, Dentists,
Dental Teams

Dr. Tarryn
MacCarthy



TOO MANY OF US WORK HARD TO ACHIEVE PROFESSIONAL SUCCESS YET FIND IT TO BE HOLLOW AND UNFULFILLING, ENDING UP OVERWHELMED, OVERWORKED, AND JUST PLAIN OVER IT.

It doesn't have to be this way!

We don't have to tear it all down to find the happiness and fulfillment we seek. Happiness is an INSIDE job and a superpower we all have the ability to cultivate. Through mindset shifts and inspired action, we can each achieve the results of our dreams AND find enormous fulfillment in our incredible profession.

Certified Transformation Coach, **Tarryn MacCarthy, DMD** empowers audiences across the nation through her speaking and training programs. Her podcast, The Business of Happiness, guides listeners in strategies for redefining success and attracting greater achievement and meaningful impact both in business and in life.

Tarryn was drawn to dentistry and orthodontics for the artistry and the gift of service to others. She came to understand her passion for uplifting and empowering her patients by guiding them through finding their confidence by transforming their own smiles. She fell in love with empowering her team to support patients in their journeys and to make a broader impact on our world by empowering others. Tarryn believes we are all leaders: business leaders, community leaders, leaders of our families, or leaders of our own dreams. Her passion is to empower others to realize the opportunity they have to live their most successful, purposeful lives, and for them to uplift others in turn.

Tarryn has been published in industry publications such as Journal of Contemporary Orthodontics. She has also contributed chapters to both orthodontic and oral surgery textbooks. She is co-author of Amazon Best Seller, The Successful Spirit. A member of the American Association of Orthodontists, American Dental Association, and Maine Dental Association, Tarryn is also a Diamond Plus Invisalign Certified Provider and North American Faculty for Align Technologies.

THE
BUSINESS
— of Happiness

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"Tarryn inspired and empowered me with actionable steps to improve my life and business. **The experience was much more than I expected** and left me smiling for days."

Dr. Cynthia

"I was reminded of your advice today. The power of listening enhances our ability to communicate and is such a powerful tool in all relationships. **Thank you for your guidance.**"

Nick



Testimonials

"Dr. Tarryn is nothing short of an extraordinary speaker who captures the entire room. She brings energy, vibrance, and most importantly, emotion into the hearts and minds of every attendee. **Dr. Tarryn is sincerely the best I've seen.**" *Alan Lazaros, CEO, Founder and Co-Host of Next Level University*

"I would like to thank you for your inspirational presentation at our EMCO Organization Workshop. All **the delegates found your talk extremely motivating.**" *Maryam Shafaei; Chair, Board of Directors and Founder; Empowering Moms & Children Organization*

"Dr. MacCarthy shared advice that stayed with me. I no longer compromise the values or expectations I set for myself. **Thank you for empowering and inspiring me.**" *Chloe*

"Dr. MacCarthy's guidance came at a critical time in my life. I have **relied heavily on the tools and skills** gained - *as well as the mindset shift* - to get me to the next level." *Dr. Katherine*

"Dr. Tarryn provides an exhilarating experience for all attendees. Her experiences and passion engages the audience, **creating an experience rather than a lecture.** All attendees can relate and are transformed." *Stacey Singleton, CDA, EFDA, FAADOM; Southern Maine AADOM Chapter President*

"You have given me a new mindset about facing my fears and how they can fuel my fire." *Eryn*

PAST PRESENTATIONS (PARTIAL LISTING)

AADOM workshops and webinars *(multiple)*

American Academy of Oral and Maxillofacial Surgeons Webinar *(multiple)*

American Association of Dental Office Managers *(multiple)*

ASDA Conference

Empowering Moms & Children Organization Persian Mom's Summit *(multiple)*

Invisalign Summit *(keynote)*

Maine Womens' Conference

Next Level University Virtual Mastermind

Next Level University; Next Level Live

Northeastern Society of Orthodontists/Align Technologies *(keynote)*

Self-Love and Self Care Summit for Women with Anxiety

Teen Invisalign Forum – Virtual Symposium and 90 Day Mentorship

University of New England Dental School, Orthodontic Interest Club *(multiple)*

Self-sponsored webinars and workshops

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