

UNSTOPPABLE

together

wdc **un**convention 2023

GENERAL SESSIONS



OUR CROOKED, PERFECT PATHS

JAMIE GREENAWALT, Foot Levelers President

Our paths may not be clear in the moment, but ultimately lead us to exactly where we need to be. Join me as I share my story and next steps as new President of FootLevelers.



UNSTOPPABLE TOGETHER: COMMUNICATING EFFECTIVELY BY BEING WHO YOU ARE

KRISTI HUDSON

The benefits of communication effectiveness can be witnessed in the workplace, in an educational setting, and in your personal life. By delivering messages clearly, there is no room for misunderstanding or alteration of messages, which decreases the potential for conflict. The ability to communicate is a highly sought-after skill. Whether you are an introvert, an extrovert, or somewhere in between, this session will help you improve your communication skills.



ELEVATE YOUR CLINIC USING F4CP RESOURCES

SHERRY MCALLISTER, F4CP President

In this session, Dr. Sherry will share current progress in educating the world about the benefits of chiropractic care, through groundbreaking nationally televised commercials, research, news publications, and podcasts. Hear how you can join the journey in using and sharing these resources.



CONFIDENCE NOW! HOW TO ROCK YOUR LIFE LIKE THE BADASS THAT YOU ARE

NEEMA MOORE

In this session, you will learn the definition of true confidence, how to build self-confidence, and be challenged to create your own list of accomplishments, and understand how mindset, boundaries, and gratitude build confidence.



DIVERSITY IN PRACTICE... IT'S NOT JUST BLACK AND WHITE

KEITA VANTERPOOL

Diversity and implicit bias - Interactive seminar speaking about diversity in practice. What we do in our daily lives has an impact, positive or negative, on the people we meet, who we hire, who we treat, and even ourselves. Uncovering the hidden biases we all have and ways to address those biases that may be hindering growth.



BUILDING AN UNSTOPPABLE TEAM OF DOCTORS

ELISE RIGNEY

This course provides resources and value in Chiropractic team practices. How to recruit talented doctors, deliver exceptional & consistent care for patients, and retain associate doctors.



BECOMING A CHIROPRENUER

LAURYN BRUNCLIK

The benefits of communication effectiveness can be witnessed in the workplace, in an Chiropractors have been told that if you're true to the career you chose, you have one option for success. I believe that you can still fully be a passionate chiropractor and feel called to this profession for the freedom it can allow you and your family. So many of us carry shame and guilt that we're not doing "enough" to save the profession- at the expense of emotionally sabotaging ourselves and our practice.



NATURAL LAW AND YOUR LIFE!

LONA COOK

Natural laws are a powerful lens to learn to see our lives and our practices through to create change and see interconnection. When we use this lens to communicate through we become much more able to see our power in the world.



HOW BEING UNSTOPPABLE CHANGES THROUGH DECADES OF PRACTICE

JESSICA DIETRICH-MARSH

Speaking with 3 decades of practice, marriage, motherhood, and a desire to spend another 3 doing the same, Dr. Jessica teaches you how to keep what is most important as the solid foundation to creating an unstoppable practice and life.



THE TOP IS OPEN: IT'S TIME TO LEVEL UP!

MICHAELA EDWARDS

This inspirational talk will cover many ways to become self-motivated to take your career and life to the next level. The only time is always right now, the only thing that begets change is change, and when in doubt, just surf the wave.



PLANNING FOR LIFE

LAURA FELLOWS

No two financial roadmaps are exactly the same, but there are key elements that everyone can start with. In this session, we will be looking at those key areas of financial planning: protection, savings, retirement planning and distribution, estate planning, business planning, and employee benefits.



HOW SMALL IDEAS BUILD A COMMUNITY AND YOUR BRAND

CRISTINA PADILLA

This session will focus on how to leverage opportunities within your practice, life, or profession so that you can build community, create leadership, and expand opportunities to collaborate with others. All of these ultimately lead to growth. You will leave with a roadmap to building a legacy or community-based practice with an emphasis on using your core values and a specific direction for your passion for chiropractic. We will also discuss how to develop strategic collaborations and partnerships within your community to elevate your practice/brand, and identify your “why not?” idea to establish your brand expansion and growth.



CREATING CONNECTIONS | GETTING INVOLVED IN YOUR COMMUNITY

HILLARY HUSHOWER

How to build a new community network, work together to reach a common goal, and how to successfully run meeting and meet ups in your office and community.



KICK A\$\$ PATIENT EXPERIENCE

MICHELLE WENDLING

Let's walk through your office and see what your patients see. What do they value? What makes them stay or drop out of care? Let's talk about how to create a stellar patient experience based on what science tells us creates repeat customers. What if a few small changes could drastically increase retention and JOY in your practice? I'll share some ideas you can implement Monday morning to change the way your patients think about care, which will increase retention and referrals in your office! The longer patients stay, the more positive their life will become, and the bigger impact you'll have on your community!



FASHION CONSULTANT / FASHION SHOW

DESTA NTAMERE

In this fun session, personal stylist Desta will show us the best types of styles best for each body type. She specializes in making the most of your home and your wardrobe, and in this session, we will feature our sponsors in a fashion show, showing off the best styles for each woman and body type.

BUSINESS PANNEL DISCUSSION

WENDLING, BRUNCLIK, RIGNEY, TURK - FRIDAY | 4PM-5PM

These experts in their chiropractic, coaching, and additional businesses will talk all things business strategies. Come with your questions and ready to learn.

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CE

COURSES



VAGUS NERVE, DYSAUTONOMIA, AND CHIROPRACTIC

MONIQUE ANDREWS

This course explores the anatomy, physiology and function of the Vagus – cranial nerve X. Special focus will be given to the relationship with chiropractic and the argument for chiropractors the leaders in treating Dysautonomia. This course will be followed by an additional hour of CE's in a hands-on application course.



CHIROPRACTIC AS TRAUMA INFORMED PRACTICE

TAMARA MACINTYRE

This course will provide updated knowledge in the area of trauma informed care, the autonomic nervous system from a Polyvagal lens and the impact of somatic body work & chiropractic on nervous system regulation. This course will be followed by an additional hour of CE's in a hands-on application course.



PELVIC ADJUSTING AND REHAB

LINDSAY MUMMA

Get an overview of pelvic joint movement, joint play, and movement analysis. Discuss research related to pelvic floor dysfunction and the impact that chiropractic care can have on this common condition. And then join for a hands-on interactive demonstration of how to apply these tools to adjusting and rehabilitating patients with a variety of pelvic disorders for an additional hour of CE's.



PEDIATRIC AND PRENATAL ADJUSTING TECHNIQUES

BETH LANCASTER

Basic evaluation and adjusting of the pregnant mom and baby using Dr. Carol Phillips Dynamic Body Balancing techniques. This course will be followed by an additional hour of CE's in a hands-on application course.



THE CHIROPRACTOR'S ROLE IN ORAL RESTRICTIONS

SONIA MCGOWIN

Chiropractors should play a major role in the care of children and adults with tethered oral tissues (TOTs) such as tongue and lip ties. Many doctors see babies and toddlers early and consistently. If an infant or child is experiencing nursing, eating, sleep or breathing challenges, we can identify these issues early and guide the family to the right interventions. Chiropractic adjustments are a critical component to preparing a patient for a TOTs release, as well as post-release to assure optimal outcomes. This presentation will cover the specifics of tethered tissues, including tongue, lip and buccal ties. We will discuss symptoms of TOTs (for both child and mother) and the long-term implications of oral ties. We will review how to examine for TOTs and how to know when a referral for revision is needed. Finally, we will discuss the chiropractor's role in a child's TOTs care team.



IMPROVE BREATHING MECHANICS, IMPROVE RESULTS

MELISSA LUHRS

Learn how to identify, assess, and adjust to improve breathing function and patterns. The objective of this course is to improve confidence and certainty identifying disordered breathing in the practice, and how to approach improving breathing function and overall outcomes with chiropractic.



THE FUTURE FREQUENCY OF HEALTH

ANGIE PUF AHL

Join Dr. Angie in exploring the future of frequency information and medicine. Bridging the physical, chemical, emotional and mental health of your clients and it starts with your VIBE!



FROM HEAL TO TOE: THE BIOMECHANICS OF FOOT ADJUSTING AND TREATMENTS

HEATHER KING

This course that will demonstrate essential skills for successfully treatment of the most common foot complaints. We will review foot evaluation, treatment, and simple in-office or home-based rehab. You will leave this class with greater understanding and confidence about how to manage the most common foot complaints.



UNSTOPPABLE ENERGY, CLARITY, AND FOCUS

STACEY FRANCIS

This session will discuss what it looks like to reclaim energy, clarity, and focus with a functional approach using lifestyle, labs, and nutrition. We will discuss easy-to-perform labs that will identify the source of fatigue and brain fog, tools to help your patient balance blood sugar and reduce inflammation, and a customized meal plan to use for yourself or your patients



LIFE SAVERS THAT MAKE CENTS TO PRODUCE AN UNSTOPPABLE YOU

SANDY ANDERSSON

In order to be Unstoppable in your life and practice, you must be able to create balance - in your spine, your body, and your life. In this session, we will focus on Making CENTS (Chiropractic, Exercise, Nutrition, Thoughts, and Sleep) out of Wellness and introducing Life SAVERS (Silence, Affirmations, Visualization, Exercise, Reading, and Scribing) into your routines.



WOMEN, AGING, AND CARDIOMETABOLIC HEALTH

KIMBERLY BESUDEN

This course will provide clinicians with the ability to clinically manage a female patient during the aging process related to cardiometabolic health. This will offer the practitioner protocols to interpret underlying health and wellness issues that may arise while supporting aging and hormonally challenged patients that may be nutritionally deficient.

CLINICAL PEARLS

MICHELLE WENDLING, WDC BOARD, PARTICIPANTS - **FRIDAY | 9:30AM-10:30AM**

This session share clinical pearls from experts all over the world. We will look patient rehabilitation, behavior modification, pediatrics and pregnancy care, feet and ground support, and healthy choices for doctors and patients.

PEDIATRIC PANNEL DISCUSSION

COOPER, PADILLA, LANCASTER, MCGOWIN - **FRIDAY | 4PM-5:30PM**

This session will provide detailed clinical information to assess and treat infants in the office. You will be introduced to the infant examination including primitive reflexes, range of motion, musculoskeletal considerations, infant development, and red flags.